

ENTER FOR A CHANCE TO WIN YOUR DREAM BEDROOM FROM SLEEP NUMBER



LIVING THE DREAM

Life is busy, and after a long day, you need a soothing sanctuary for a good night's Life is busy, and after a long day, you small, it's important to give yourself the sleep. Whether your bedroom is big or small, it's important to give yourself the sleep. Whether your bedroom is old of the room to feel calm and relaxed because quality sleep is vital to your overall health room to reel calm and relaxed board near the and wellness. Design expert Niña Williams of Niña Williams Blog is sharing her favorite décor tips for a bedroom setting that promotes tranquility.

Sleep Number 360* smart bed



'Don't forget a rug! Rugs make a huge difference in finishing a space. This is also great if you have hardwood floors.

START WITH NEUTRAL OR SOFT COLORS AS YOUR BASE-

sheets, linens, comforter. Calming colors are welcoming when your night is winding down.



Sleep Number® Supima cotton sheets

"Placing a throw blanket on a beg gives the space some warmth. A fac fur blanket or a chunky knitted blanket brings added softness." -Niña

GET THAT COZY LOOK WITH PILLOWS

the more the better! First, you need to have a good pillow that gives you comfort and support. Then pile on the throw pillows to add color, texture, and pattern.

Sleep Number* pillows

THE QUALITY OF YOUR DAY STARTS WITH THE QUALITY OF YOUR SLEEP

The Sleep Number 360* smart bed creates the ultimate sleep oasis, designed to help you fall asleep faster and provide more restful sleep.



LIVING THE DREAM SWEEPSTAKES Presented by SLEEP NUMBER

Enter for the chance to win a SLEEP NUMBER 360°

SMART BED and the ultimate dream bedroom package, including everything needed to create a serene space.

sleep A number.

Scan the QR Code or visit bhgpromo.com/livingthedreamsweeps to enter No Purchase Necessary. Subject to Official Rules at www.bhgpromo.com/livingthedreamsweeps. The Sleep Number Living The Dream Sweepstakes begins at 12:01 AM EST on 06/04/21 and ends at 11:59 PM EST on 07/30/21. Open to legal residents of the 50 United States, and the District of Columbia, 18 years or older. Void where prohibited. Sponsor: Meredith Corporation.

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Get almost 100 hours more proven quality sleep per year.

Discover the first bed in the world designed to help you fall asleep faster and proven to provide more restful sleep. Enjoy your own personal microclimate as it gently balances surface temperature to keep you both blissfully asleep.

Because proven quality sleep is life-changing sleep.





Smart 3D fabric is up to 50% more breathable for a cooler sleep surface[†]



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sleep number.

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TYLENOL® won't raise blood pressure the way that Advil® Aleve® or Motrin® sometimes can.

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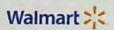
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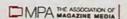
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DITOR'S LETTER

Our beautiful cover of frozen treats inspires me to confess something: I love ice cream-perhaps a little too much. (I enjoy it enough that I try not to keep any in the house.) It will come as no surprise that ice cream was a big part of my childhood. My dad, not normally a man with a sweet tooth, was like a little boy in its presence to the end of his long life. Every Saturday night when I was young, my parents invited people over for a cookout. Usually, the guests were a mix of students from the nearby university, new members at church, or old family friends. The table was always full of life and conversation. There I learned valuable lifelong lessons on how to conduct myself at a table, when to be quiet and listen, and when to try to add something to the conversation. These meals were also special because they were anchored by two of my favorite things: BBQ (hamburgers, brisket, chicken, German sausages) and homemade ice cream.

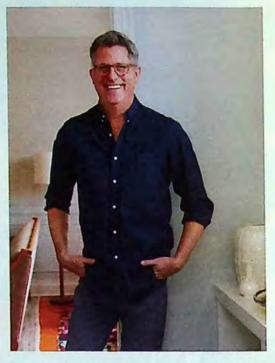
It was a sign of my dad's obsession that he insisted that we hand-churn the flavor of the

SWEET memories

week. He said doing it that way made it taste better. But I never remember him actually spinning the

handle. Each of us three boys had to take a turn cranking the big White Mountain wooden bucket with its metal and wood-blade dasher; meanwhile, my sister got to read a book, which I was a little cranky about. It seemed like my turn lasted forever as I stood on a stool next to the sink and cranked away, groaning dramatically for anyone who'd listen. No one ever did.

I was fascinated by the transformation of the custard my mom had cooked on the stove into the soft-serve ice cream in my bowl. I was intrigued by the addition of rock salt to ice so it would melt into a super-chilled slurry around the metal canister. Pulling the dasher out and scraping it clean with a spoon was always a good preview of the flavor. Most often it was fresh strawberries or peaches from the truck farmers, sometimes Maraschino cherries from a jar. Remembering this Saturday night ritual from my childhood,



I was inspired to buy an old crank model and discovered that White Mountain, founded in 1853, is still making its white pine barrels the same way.

For many of us, ice cream or any frozen treat is the stuff of memories. Mine include Baskin-Robbins as an after-church reward for memorizing Bible verses. Strolling around Paris with a cone from Berthillon. Eating gelato in the Piazza Navona in Rome. Enjoying a roadside shave ice in Hawaii. And having our executive editor (and artisanal ice cream maker), Oma Blaise Ford, bring in one of her amazing flavor combinations to the office.

What is it about frozen sweetness that transports us so? Perhaps its fleeting nature. In hot weather we really have to devote ourselves to lapping up the frozen delicacy before it loses its magic and reverts to a liquid state. Ice cream requires our undivided attention.

This summer, I'm going to dive back into ice cream making. Maybe the hand-cranking will serve

a dual purpose—a fun old-fashioned activity for friends at a cookout and, more importantly, just enough labor and trouble that I won't overindulge all summer.

STEPHEN ORR, Editor in Chief instagram @steporr

Stylen



Pinch salt, not yourself.

No, it's not a dream. It's a beautiful, sustainable and affordable quality kitchen. We even have a team of professionals to help you every step of the way, from measurement to planning to installation – even financing options. Oh, and did we mention it has a 25-year warranty? On second thought, maybe you do need that pinch.

Learn more at IKEA-USA.com/Kitchens

What's included in the price? The kitchen price includes cabinets, fronts, hinges, cover panels, deco strips/moldings, legs and toekicks. All kitchens also include soft-closing hinges. Your choice of appliances, lighting, knobs/handles, sinks, faucets, countertops and interior accessories are sold separately.



Not much can improve on a lovely summer evening, but string lights stretching over a patia is a sure ambience-booster. Our tutorial breaks down exactly how to install them. BHG.com/HangLights

[SWEEPSTAKES]

Win prizes every day

Enter our Daily Sweeps at BHG.com/WinDaily for a chance to win each day's new prize, like tableware and smart tech. Details on page 89.

July 4th Bingo

Our printable bingo card is full of prompts for a fun Fourth: Craft something red, white, and blue; fire up the grill; and make a day of backyard games. Check off activities until you have four in a row, or shoot for the stars and do all 16. BHG.com/JulyBingo



[EXCLUSIVE OFFER]

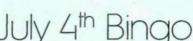
Spark One Grill "This grill is the best of gas and charcoal combined. Like a gas grill, all I have to do is flip a switch to turn it on. The electric ignitor fires up a specialized charcoal Brig that gives food the smoky, grilled flavor I love. And I can monitor the cooking temperature from my lawn chair with an app." —SHEENA CHIHAK, food editor

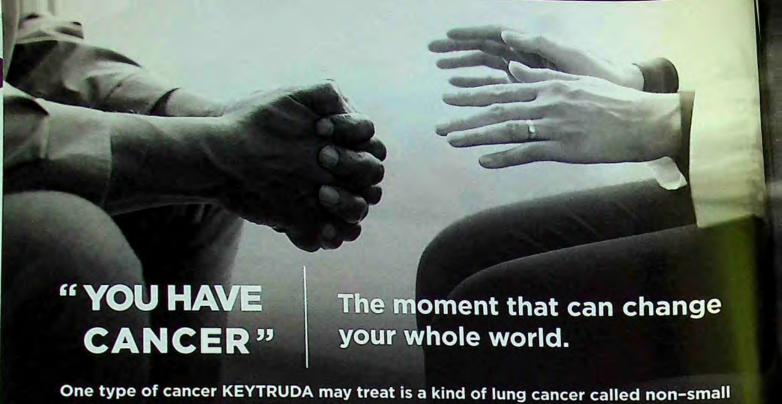
BIND OF BUILD PROPERTY.



Hover your smartphone camera over this code for \$100 off the Spark One Starter Bundle (usually \$999), which includes grill, 10 Briqs, temperature probe, and bamboo cutting board. Offer valid June 10 through July 10, 2021.







One type of cancer KEYTRUDA may treat is a kind of lung cancer called non-small cell lung cancer (NSCLC). It may be used with the chemotherapy medicines pemetrexed and a platinum as your first treatment when your lung cancer has spread (advanced NSCLC) and is a type called "nonsquamous" and your tumor does not have an abnormal "EGFR" or "ALK" gene.

EGFR = epidermal growth factor receptor; ALK = anaplastic lymphoma kinase.

IMPORTANT SAFETY INFORMATION

KEYTRUDA is a prescription medicine that may treat certain cancers by working with your immune system. KEYTRUDA can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen any time during treatment or even after your treatment has ended.

Call or see your health care provider right away if you develop any signs or symptoms of the following problems or if they get worse. These are not all of the signs and symptoms of immune system problems that can happen with KEYTRUDA:

- Lung problems: cough, shortness of breath, or chest pain.
- Intestinal problems: diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; or severe stomach-area (abdomen) pain or tenderness.
- Liver problems: yellowing of your skin or the whites of your eyes; severe
 nausea or vomiting; pain on the right side of your stomach area (abdomen);
 dark urine (tea colored); or bleeding or bruising more easily than normal.
- Hormone gland problems: headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness.
- Kidney problems: decrease in the amount of your urine; blood in your urine; swelling of your ankles; loss of appetite.

- Skin problems: rash; itching; skin blistering or peeling; painful sores or ulcers in your mouth or in your nose, throat, or genital area; fever or flu-like symptoms; swollen lymph nodes.
- Problems can also happen in other organs and tissues. Signs and symptoms of these problems may include: chest pain; irregular heartbeat; shortness of breath; swelling of ankles; confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs; double vision; blurry vision; sensitivity to light; eye pain; changes in eyesight; persistent or severe muscle pain or weakness; muscle cramps; low red blood cells; bruising.
- Infusion reactions that can sometimes be severe or lifethreatening. Signs and symptoms of infusion reactions may include chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, feeling like passing out, fever, and back pain.
- Rejection of a transplanted organ: Your health care provider should tell you what signs and symptoms you should report and they will monitor you, depending on the type of organ transplant that you have had.
- Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be serious and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with KEYTRUDA. Your health care provider will monitor you for these complications.

Getting medical treatment right away may help keep these problems from becoming more serious. Your health care provider will check you for these problems during treatment with KEYTRUDA.

Important Safety Information is continued on the next page.



IMPORTANT SAFETY INFORMATION (continued)

They may treat you with corticosteroid or hormone replacement medicines. They may also need to delay or completely stop treatment with KEYTRUDA if you have severe side effects.

Before you receive KEYTRUDA, tell your health care provider if you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; have had an organ transplant or have had or plan to have a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic); have had radiation treatment in your chest area; have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome.

If you are pregnant or plan to become pregnant, tell your health care provider. IKEYTRUDA can harm your unborn baby. If you are able to become pregnant, you will be given a pregnancy test before you start treatment. Use effective birth control during treatment and for at least 4 months after your final dose of KEYTRUDA. Tell them right away if you think you may be pregnant or you become pregnant during treatment with KEYTRUDA.

Teell your health care provider if you are breastfeeding or plan to breastfeed. It is not known if KEYTRUDA passes into your breast milk. Do not breastfeed during trreatment with KEYTRUDA and for 4 months after your final dose of KEYTRUDA.

Teell your health care provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Common side effects of KEYTRUDA when given with certain chemotherapy meedicines include feeling tired or weak; nausea; constipation; diarrhea; deecreased appetite; rash; vomiting; cough; trouble breathing; fever; hair loss; infilammation of the nerves that may cause pain, weakness, and paralysis in the arms and legs; swelling of the lining of the mouth, nose, eyes, throat, inteestines, or vagina; mouth sores; and headache.

These are not all the possible side effects of KEYTRUDA. Talk to your health care provider for medical advice about side effects.

Please read the adjacent Important Information About KEYTRUDA and discuss it with your oncologist.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Having trouble paying for your Merck medicine?

Merck may be able to help. www.merckhelps.com

Find out if KEYTRUDA is right for your cancer at keytruda.com.

IT'S TRU. KEYTRUDA (pembrolizumab) Injection 100 mg

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Important Information About KEYTRUDA® (pembrolizumab) injection 100 mg. Please speak with your healthcare professional regarding KEYTRUDA (pronounced key-true-duh). Only your healthcare professional knows the specifics of your condition and how KEYTRUDA may work with your overall treatment plan. If you have any questions about KEYTRUDA, speak with your healthcare professional. RONLY

What is the most important information I should know about KEYTRUDA?

KEYTRUDA is a medicine that may treat certain cancers by working with your immune system. KEYTRUDA can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including Lung problems

· shortness of breath · cough

· chest pain

Intestinal problems

- · diarrhea (loose stools) or more frequent bowel movements than usual
- · stools that are black, tarry, sticky, or have blood or mucus
- · severe stomach-area (abdomen) pain or tenderness

Liver problems

- yellowing of your skin or the whites of your eyes
- · severe nausea or vomiting
- pain on the right side of your stomach area (abdomen)
- · dark urine (tea colored)
- · bleeding or bruising more easily than normal

Hormone gland problems

- · headaches that will not go away or unusual headaches
- · eye sensitivity to light
- · eye problems
- · rapid heartbeat
- · increased sweating
- extreme tiredness
- · weight gain or weight loss
- · feeling more hungry or thirsty than usual
- · urinating more often than usual
- · hair loss
- · feeling cold
- constipation
- · your voice gets deeper
- · dizziness or fainting
- · changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness

Kidney problems

- · decrease in your amount of urine
- · swelling of your ankles
- · blood in your urine
- · loss of appetite

Skin problems

- · rash
- · itching
- · skin blistering or peeling
- · painful sores or ulcers in your mouth or in your nose, throat, or genital area
- · fever or flu-like symptoms
- · swollen lymph nodes

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with KEYTRUDA. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- · chest pain, irregular heartbeat, shortness of breath, swelling of ankles
- · confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems, tingling or numbness of the arms or legs
- · double vision, blurry vision, sensitivity to light, eye pain, changes in eyesight
- persistent or severe muscle pain or weakness, muscle cramps
- · low red blood cells, bruising

Infusion reactions that can sometimes be severe or life-threatening. Signs and symptoms of infusion reactions may include:

- · chills or shaking
- dizziness
- · itching or rash
- · feeling like passing out

· flushing

- · fever
- shortness of breath or wheezing
 back pain

Rejection of a transplanted organ. Your healthcare provider should tell you what signs and symptoms you should report and monitor you, depending on the type of organ transplant that you have had.

Complications, including graft-versus-host-disease (GVHD) in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be serious and can lead to death. These

Continued on next pag

complications may happen if you underwent transplantation either before or after being treated with KEYTRUDA. Your healthcare provider will monitor you for these complications.

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for these problems during treatment with KEYTRUDA. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment with KEYTRUDA if you have severe side effects.

Before receiving KEYTRUDA, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- · have received an organ transplant
- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. KEYTRUDA can harm your unborn baby.

Females who are able to become pregnant:

- Your healthcare provider will give you a pregnancy test before you start treatment with KEYTRUDA.
- You should use an effective method of birth control during and for at least 4 months after the final dose of KEYTRUDA. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you think you may be pregnant or if you become pregnant during treatment with KEYTRUDA.
- are breastfeeding or plan to breastfeed. It is not known if KEYTRUDA passes into your breast milk. Do not breastfeed during treatment with KEYTRUDA and for 4 months after your final dose of KEYTRUDA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How will I receive KEYTRUDA?

- Your healthcare provider will give you KEYTRUDA into your vein through an intravenous (IV) line over 30 minutes.
- In adults, KEYTRUDA is usually given every 3 weeks or 6 weeks depending on the dose of KEYTRUDA that you are receiving.
- In children, KEYTRUDA is usually given every 3 weeks.
- Your healthcare provider will decide how many treatments you need.

- Your healthcare provider will do blood tests to check you for side effects.
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

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What are the possible side effects of KEYTRUDA?
KEYTRUDA can cause serious side effects. See "What is the most important information I should know about KEYTRUDA?"

Common side effects of KEYTRUDA when used alone include: feeling tired, pain, including pain in muscles, bones or joints and stomach-area (abdominal) pain, decreased appetite, itching, diarrhea, nausea, rash, fever, cough, shortness of breath, and constipation.

Side effects of KEYTRUDA when used alone that are more common in children than in adults include: fever, vomiting, upper respiratory tract infection, headache, and low levels of white blood cells and red blood cells (anemia).

Common side effects of KEYTRUDA when given with certain chemotherapy medicines include: feeling tired or weak, nausea, constipation, diarrhea, decreased appetite, rash, vomiting, cough, trouble breathing, fever, hair loss, inflammation of the nerves that may cause pain, weakness, and paralysis in the arms and legs, swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina, mouth sores, and headache.

Common side effects of KEYTRUDA when given with axitinib include: diarrhea, feeling tired or weak, high blood pressure, liver problems, low levels of thyroid hormone, decreased appetite, blisters or rash on the palms of your hands and soles of your feet, nausea, mouth sores or swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina, hoarseness, rash, cough, and constipation.

These are not all the possible side effects of KEYTRUDA.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of KEYTRUDA

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. You can ask your pharmacist or healthcare provider for information about KEYTRUDA that is written for health professionals.

Based on Medication Guide usmg-mk3475-iv-2011r036 as revised November 2020.

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STARS & STRIPES ICE CUBES Dress up the punch bowl with flavored ice cubes. For the striped cubes, we layered pureed raspberries, canned coconut milk, and pureed blackberries in an oversize square ice cube tray. (Full recipe on page 87.) To make the saturated red star cubes, use a food processor to blitz 1 cup freeze-dried berries to a powder, mix into 2 cups water, and freeze in a silicone star-shape ice cube tray.



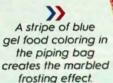
life/holidays

MINICUPCAKES

mini cupcakes with piped dollops of festive swirled frosting

For morbled cupcakes, tint some of the batter with food coloring to swirl into the plain batter before baking. We grouped the cupcakes in a star shape then frosted them en masse with a piping bag for pullapart treats that also serve as a centerpiece. (Recipe on page 86.)







A mint-lime drizzle delivers bright contrast to super-sweet melon in these serve-yourself fruit kabobs. Slice, peel, and stack cross sections of melons, then skewer the stack with festive picks and slice between them. Top with mint-lime drizzle: Whirl together I cup fresh mint leaves, I Tosp. lime juice, and 2 Tbsp. olive oil in a food processor.

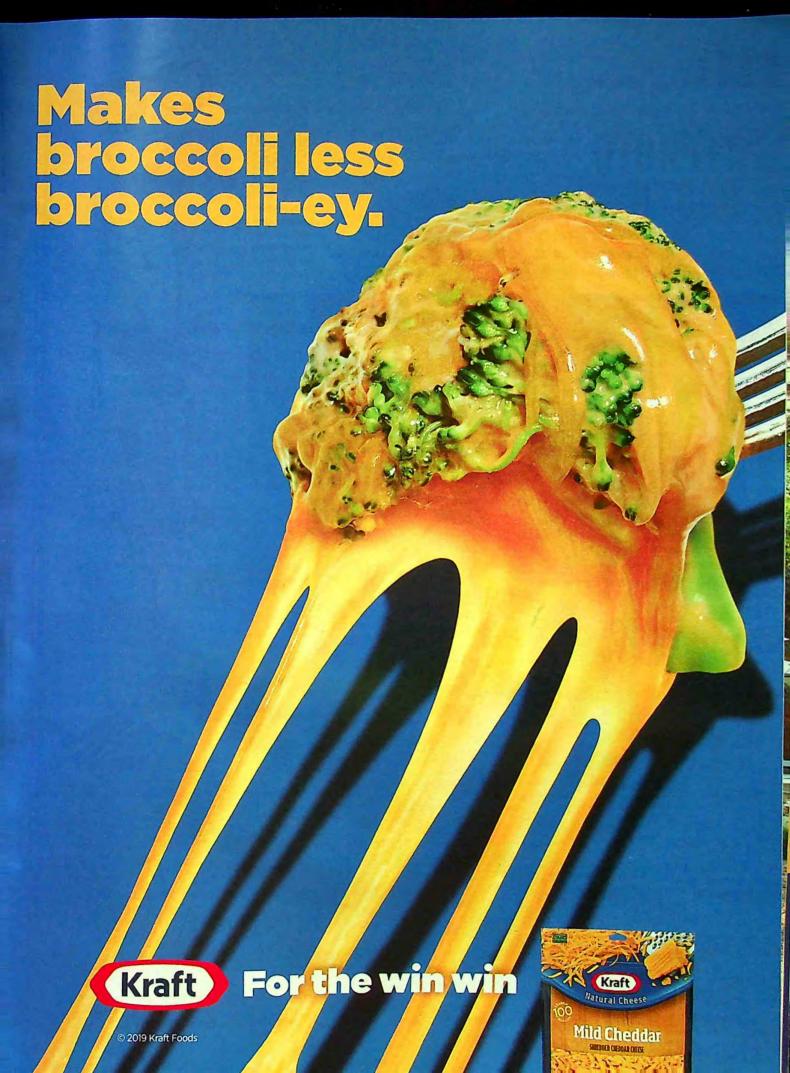


sheet-pan flag nachos

A savory take on the ubiquitous flag cake, these nachos are baked on a sheet pan to feed a crowd. A layer of refried beans creates a sticky surface for white and blue corn tortilla chips striped with cheese and roasted cherry tomatoes. Finish the flog with a few piped stars (or dollops) of sour cream. (Recipe on page 87.)



Vinyl stickers decorate a sheet of durable sailcloth for an outdoor tablecloth or runner.



life/holidays

PHOTO BOOTH

Deck out a backyard photo booth with star-spangled props, and prep partygoers for their close-ups. Download printable templates for the props, then trace the patterns

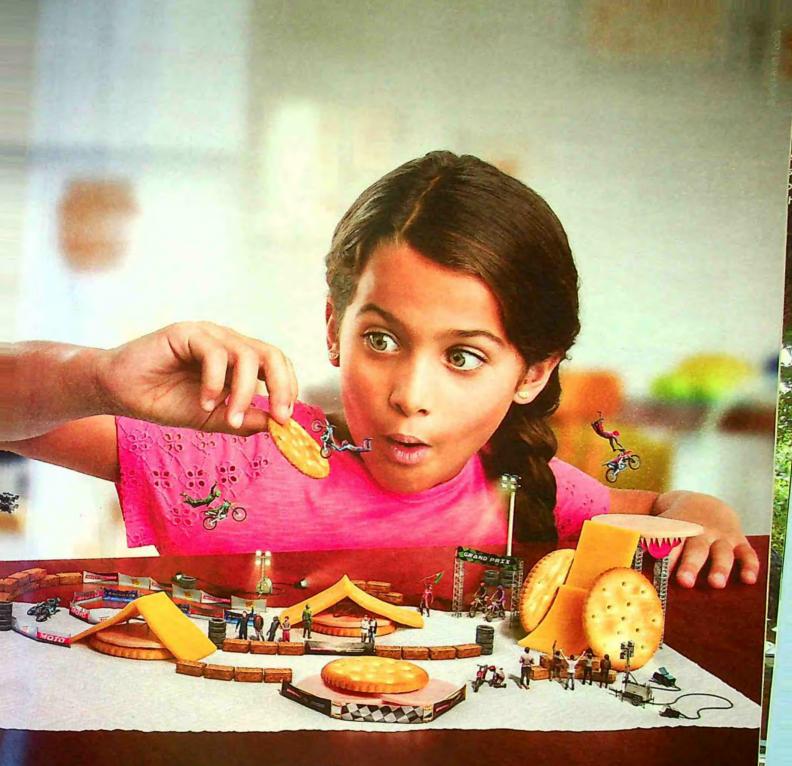
onto chipboard or cracker and cereal boxes salvaged from the recycling bin. Cut out, paint or color, and hot-glue to dowels. Find the templates at BHG.com/JulyIdeas.



smartphone camera over this code for our printable templates.







STACK IT. BUILD IT. MIX 17 Up.





APRIL'71 Solid green velvet sofas balance the intricate trellis wallpaper.

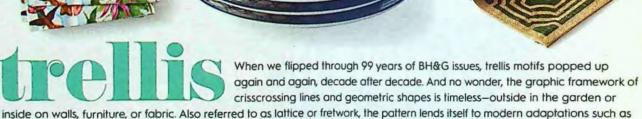




3

life/throwback





1 PILLOW

Better Homes & Gardens Collection* Coral Tufted Trellis, \$16; walmart.com/BHG

@ TABLECLOTH

Rose Bamboo, from \$64; pomegranateinc.com

(3) WALLPAPER

Traverse in Dark Green, \$140 for double roll; astreetprints.com

bamboo lines rendered in punchy hot pink or a version done entirely in dots on wallpaper.

MALLPAPER

Chinois Lattice in

French Blue, \$96 per roll; annieselke.com

6 PENDANT

Bamboo Rectangular, \$349 for small; ballarddesigns.com

(ACCENT CHAIR

Line Lattice Teal by Skyline Furniture, \$411; bedbathand beyond.com

O PAPER

COCKTAIL NAPKINS Hummingbird Trellis, \$6 for 20;

casparionline.com

(1) CANAPÉ PLATES

Newport Blue, \$65 for four; caskata.com

® RUG

Jeannine Indoor/
Outdoor in Dark Green
by Safavieh Courtyard,
\$40 for 4'x5'7";
overstock.com

"MOM'S SHINGLES WAS BAD. REALLY AWFUL!" Maria, 53 years old

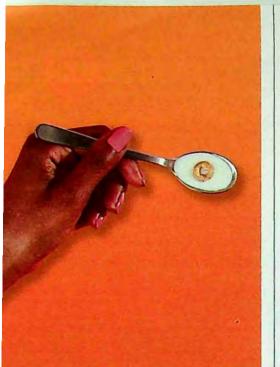
REVENTED

50 years or older? Talk to your doctor or pharmacist about shingles vaccination.

emarks are owned by or licensed to the GSK group of companies.

9 GSK or licensor. DVT190008 July 2019. Iced in USA.

ShinglesCanBeWhat con



Great taste. Heart Healthy.*











MAKING MOBILES

For this month's "Book Club," copy chief Maria Duryée and art director Jarret Einck fashion colorful paper mobiles.

WHY WE CHOSE IT

Author Korolina Merska admits to an obsession with Polish folk art and a passion for reviving the dying art of moking traditional mobiles called pająki, which symbolize health and happiness in her homeland. The colorful paper flowers tied to airy strings of strow, dried peas, and paper appealed to a romantic streak

WHAT WE DID

Although Merska's book has eight contemporary projects with materials like bross and foil, we each opted to make one of her seven traditional versions: the Kalinka mobile, top left, and the Zofio, above right. We were a little intimidated but called on our crafting courage to see if we could achieve these whimsical results.

We gained

Making Mobiles, by Karolina Merska usa.com)

confidence as we figured out tricks at each step. Jarret realized (\$30; rizzoli that threading soaking peas is drippy but easier than when they are

dry. I found

holding the hoop flat against the table while someone else knotted the strings ensured my mobile hangs level.

THE TAKEAWAY

Even with step-by-step photos, we both foltered trying to make the crepe paper flowers and tissue paper pom-poms. And Jarret is still threading peas.

While there are simpler projects in the mix, it's worth noting that this book will be most satisfying to skilled crafters or ones who will take as much pride in mastering a tricky technique os from hanging the results. -MARIA DURYÉE ■



Nice home. Nice garden. You deserve a nice heart-healthy breakfast.

"Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Honey Nut Cheerios cereal provides .75 grams per serving.



life/pro picks

THE NEW FIX-IT KIT

The right tool is vital to a successful repair job. So we asked these DIY pros for their most trusted tackle-anything tool bag upgrades.



DANIELLE **GUERRERO**

@ournestonpowell HUSKY 15-IN-1 PAINTER'S TOOL, \$7

"I bought this because I can never find a paint lid key. But now anytime I don't have just the right tool, this one saves the day. Lately it has been a chisel and a crowbar to take aff baseboards."



LIZ MORROW @liz.morrow

ARROW TRUTAC STAPLER, \$13

"This is smaller and lighter than a lot of staple guns, so I keep it handy for upholstery projects and other quick repairs. It's 'forward action,' which means you push down right over the staples. Much easier!"

WORX 4V BATTERY SCREWDRIVER, \$50

"Right-sized for jobs that need a little elbow grease (think painted-over screws) or assembling IKEA furniture."

-DIANA DICKINSON.





TIMISHA PORCHER

@toolboxdivas WISS 10" OFFSET SHEARS, \$12

"These are not my mama's good fabric scissors. I can go back and forth between materials without ruining the blade. I've cut cardboard, rope, leather, plastic, even flooring."



JEN WOODHOUSE

@ienwoodhouse

MILWAUKEE 16' AUTO LOCK TAPE MEASURE, \$11

"I own several tape measures, and I always find myself reaching for this one because of the auto-lock feature and the easy-to-read tape."



MONICA CHAVEZ

(4)

@house .of.esperanza

RYOBI 18V ONE+ FULL SIZE GLUE GUN, \$30 (TOOL), \$99 (WITH BATTERY)

"The battery makes this tool portable, so it's possible to craft, fix, and create anywhere."





DR. ANNIE VALUSKA

Purina puppy and kitten food is formulated to meet your pet's needs now, and set the stage for a lifetime of good health. Because we care about what you care about—nutrition that helps our pets thrive today and tomorrow.

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HAT HAIR Yes, you can live in a hat all summer and look stylish. According to Ginger Parrish, founder and president of hat company Gigi Pip, the trick is to make sure you can see hair under the hat. Think a loose, low side panytail, braid, or bun with a few wisps framing your face. "This works best with dirty hair or second-day hair that has a little grit and texture," Parrish says. If your strands are squeaky-clean, a dry shampoo quickly adds body. Try Garnier Fructis Texturizing Invisible Dry Shampoo in Beach Tonic (\$6; garnierusa.com).

SIMPROVES SKIN
BETTER*

Infused with prestige skin care ingredient Retinol, Olay transforms skin from dry and stressed to bright and smooth.



OLAY

CLEANSING & RENEWING



NIGHTTIME BODY WASH

Hover phone camera over code



vs. leading body wash
 after 14 days, based on clinical moisture referition data

OLAY BODY CARE

FEARLESS IN MY SKIN

beauty/editor's picks



DEEP CLEAN

Use weekly to remove chlorine residue, product buildup, and excess oil. Odele Clarifying Shampoo (\$12; target.com). Colorsafe and meant for all hair textures.

AT-HOME FACIAL

This brightening and smoothing mask is a double treatment. Apply a thin layer for five minutes for a light chemical peel. Add water and massage to polish skin.



- 66 -

PORE PATROL

OLAY

PINE GRAPEFRUIT

17.9 Ft 02 (530 mil)

Alpyn Beauty Wild Huckleberry 8-Acid Polishing Peel (\$56; sephora.com) removes dull skin and unclogs pores with naturally derived chemical and physical exfoliants.

Coppertone Sport Mineral Sunscreen Face Lotion SPF 50 (\$11; target.com) for oil-free,

SPF

at the pool,

yard? Slather

on zinc-based

or in your

water-resistant (up to 80 minutes) protection that won't run into your eyes.

LEAVE-IN

If you want to Marie Kondo your styling routine, Pantene Miracle Rescue 10-in-1 Spray (\$7; walmart .com) hydrates, detangles, and protects from UV rays and breakage. Mist on damp hair to airdry or before

heat styling.

28 BH&G | July 2021



A touch of

shimmer on the lids and cheekbones is all the makeup you need. **Burt's Bees** Color Nurture Cream Eye Shadows (\$10; burtsbees .com) come in three skin-



picks

NO SWEAT

LIP TINT

Swipe on

Coola

Liplux

Tinted

Balm Sunscreen

(\$18; coola.com) for

plenty of hydration,

color. Choose

summery

shades.

a dose of SPF 30.

and a beautifully

from five

sheer wash of

Mineral

Organic

Underarm ouchies and wetness are the pits. Secret Derma+

Antiperspiront (\$8; target.com) is formulated with ingredients to soothe bumps and redness while keeping you dry.

BODY BUFF

Sunscreen and sweat mean more showers. This bodysmoothing cleanser comes in a bottle large enough to last until fall. Olay Exfoliating **Body Wash with** Himalayan Salt & Pink Grapefruit, \$8; cvs.com



Hands and nails covered in dirt after a day in the garden? Model and avid gardener Summer Rayne Oakes suggests using an exfoliating body wash instead of hand soap to get them really clean.



flattering shades.

Give Your Dry Eyes A Boost Of Hydration



with the soothing relief of HydroBoost technology.

The Relief is Real'

Survey of 40,000 people by Kantar. Winner Eye Care Category.

'vs SYSTANE" ULTRA Lubricant Eye Drops

SYSTANE* Brand products are formulated for the temporary relief of burning and irritation due to dryness of the eye.

Alcon

home BH&G INSIDER for exclusive content, including how melon calors have been used through the years. BHG.com/Insider ORANGE PECAN 2003-1B Valspar SUMMER TANGERINE PEACH TREE SW 6640 088 Sherwin-Williams Benjamin Moore CORAL SILK PPG1195-5 MELON SORBET P190-3 Behr MELON ORANGES One of the freshest updates you can make right now: Paint your walls fruity orange. It may sound like a bold idea, but these plucked-from-nature melon hues are creamy and mellow. Even when they're deep and lush, oranges from pale cantaloupe to rich papaya whisper rather than shout. The only questions are which one to pick and what to pair it with. Experts flesh out the juicy details on the next page.



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EXPECT BETTER®

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bhgre.com



eclectic

Rich melon hues offer all the perks of orange minus its tendency to feel spicy or boisterous. "They're warm, nurturing, and embracing," says designer Sora Bengur, whose papaya-tinted wall, left, juxtaposes vivid blue Iznik tiles from her native Turkey. Voried tones of orange in the rug and throw pillows build color without matching exactly.

66Color can feel as peaceful as a neutral if the tone is right—natural and muted. 99 SARA BENGUR

[PRO PICKS] DYNAMIC ACCENT



EGGPLANT 1379 BENJAMIN MOORE

Deep reddish purples up oronge's richness without the sizzling contrast that bright purple would have. "Because of the shored red undertones, eggplant gives orange more depth," Bengur soys.



PATENT YELLOW 12-10 PRATT & LAMBERT

Next to orange on the color wheel, yellow plays nicely with orange, and the combo evokes joy. "It's OK to have a little fun with color; that's what I did with the yellow lampshades," Bengur says.



4006-10C VALSPAR

Cool and complementary, bright blue balances rich orange; faded blue feels sophisticated against light melon. "It's a grown-up version of pastel blue and pink," Cosnotti says. ■

vintage refresh

If you wont your walls to radiate wormth without making too strong a statement, look to pale cantaloupe. Emily Cosnotti of the design blog The Sweet Beast updated her 1920s bothroom, right, with a hushed melon that doesn't take attention away from the original tile. "It's o cheerful color but still classic," she says, noting the white and black files keep the space crisp and light.

> 66 Melon tones are the evolution of Millennial Pink into something more elevated. 99 EMILY COSNOTTI





7:32 pm Relaxed

9:47 pm Neutral

12:03 am Exhausted

2:26 am Insomnia

7:10 am Grounded





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TROPICAL WONDER

Bamboo-inspired elements such as this drapery hardware are a hallmark of island style.

Conjure the beauty of faraway locales
without venturing out the door. Florida-based
designer Caitlin Deasy Kah lays out
essential decorating elements for rooms
that feel like a permanent vacation.

LUSH GREENS

If there's one defining characteristic of tropical style, it's the verdant green hues of jungly foliage. In this Palm Beach dining room, Caitlin Deasy Kah of Kemble Interiors channels the palm trees outside the windows with chairs upholstered in a hazy green ticking stripe. A more literal move: Cut monstera leaves add high drama on the table. (Faux palm fronds-now more realistic-looking than ever-work too.)

Cayman
Seagrass-Wrapped
Pitcher, \$48;
serenaandlily.com

NATURAL FIBERS

The roughness of woven elements brings an informal air to a still-gracious table. Seagrass wrapped around glosses and hurricanes brings in the casualness of outdoor living, and braided abaca place mats emphasize the tropical feel.

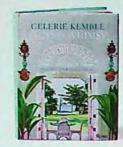
Palm Leaf 44", \$15 each; cb2.com



home / decorating

CASUAL The breezy feel of coastal homes is designed to set people at ease.

people at ease.



ISLAND WHIMSY

In her new book, Kemble Interiors principal Celerie Kemble dives into decorating a Caribbean retreat. \$55; rizzoliusa.com



4/NUBBY RUGS

Natural-fiber rugs like sisal, jute, and seagrass have a tactile look and feel ideal for barefoot living. Rush House sells a customizable seagrass option. Buy the 9×12-foot rug (\$395), then cut off or stitch on additional 12×12-inch squares, right, to fit your space.

SEA THINGS

Accents that reference ocean life are a natural part of tropical style, but Kah prefers less expected finds, like the barnacle cluster on the cocktail table and shell-encrusted votives on a bar cart. rather than common shells.

18" Faux Coraline Coral Fan, \$17; wilfordandlee.com

Seagrass Squares, \$ \$48 for 12, \$12 for sewing klt;

shoprushhouse.com

CANCER DOESN'T STOP. NEITHER DO WE.

FOR ONE NIGHT. WE STAND TOGETHER.



SATURDAY 8/21

8 ET/7 CENTRAL



OCBS FOX NBC









































































home / decorating

66 TROPICAL STYLE IS SOOTHING AND CALMING. IT CAN TRANSPORT YOU TO A GETAWAY. CAITLIN KAH, designer



GET AHEAD OF ECZEMA AND SHOW MORE SKIN

EDUPIXENT is a breakthrough biologic treatment tthat targets a key source of inflammation that can Mead to uncontrolled moderate-to-severe eczema (latopic dermatitis).

AApproved for ages 6 and up.

- Fast itch relief*
- Clearer skin that lasts
- Not an immunosuppressant
- Not a cream or steroid

"In a clinical trial at week 16, 59% of adults taking only. 36% saw clear or almost clear skin at



TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE —

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderateto-severe atopic dermatitis (eczema) that is used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to https://mothertobaby.org/ongoingstudy/dupixent/; are breastfeeding or plan to reactions, eye and eyelid inflammation, including Pharmaceuticals, Inc. breastfeed. It is not known whether DUPIXENT redness, swelling, and itching, and cold sores passes into your breast milk.

herbal supplements.

asthma and use an asthma medicine. Do not or call 1-800-FDA-1088. change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms

DUPIXENT can cause serious side effects, including:

using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eve problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site © 2021 Sanofi and Regeneron in your mouth or on your lips.

Tell your healthcare provider about all the Tell your healthcare provider if you have any medicines you take, including prescription side effect that bothers you or that does not go and over-the-counter medicines, vitamins and away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical not well controlled with prescription therapies Especially tell your healthcare provider if you advice about side effects. You are encouraged are taking oral, topical or inhaled corticosteroid to report negative side effects of prescription medicines or if you have atopic dermatitis and drugs to the FDA. Visit www.fda.gov/medwatch.

> Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject that were controlled by the corticosteroid it. DUPIXENT is an injection given under the medicine or other asthma medicine to come back. skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver Allergic reactions (hypersensitivity), including should receive training on the right way to a severe reaction known as anaphylaxis. Stop prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under swelling of the face, mouth and tongue, hives, supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

> > Please see Brief Summary on next page.

SANOFI GENZYME



REGENERON

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YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY. CALL 1-844-DUPIXENT (1-844-387-4936)

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent)

injection, for subcutaneous use

What is DUPIXENT?

- · DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT? Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- · have eye problems
- · have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- · are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk,

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- · are taking oral, topical, or inhaled corticosteroid medicines
- · have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- . DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- . If your dose schedule is every other week and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose. then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If your dose schedule is every 4 weeks and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- . If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT? DUPIXENT can cause serious side effects, including:

- Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important Information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT? Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591 U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591) DUPIXENT® is a registered trademark of Sanofi Biotechnology / ©2021 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved. Issue Date: January 2021





i did it! Successful makeovers prove that limited space shouldn't confine creativity. These clever bathroom upgrades make an impact by adding personal style not square footage.



a tub-shower combo, installed a new tub, and laid the tiles on her new shower walls. But the most satisfying part of the makeover was seeing her idea for the walls come together, says Tina, who shares projects from her Vista, CA, home on Instagram (@breakingruleswith tools). The wainscoting combines three materials-6-inch-wide shiplap boards copped with a 1×2 ledge and finished with scallop trim (similar available at blue1910.etsy.com)all for less than \$250. White paint (Olympus White SW 6253; sherwin-williams.com) unifies the pieces.

Show us what you made

Send photos of you with your latest project to IDidIt@meredith.com and post on Instagram with our #BHGIDidIt hashtag.

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MORE BATH IDEAS

Take some inspiration from four other do-it-yourselfers who found decorative ways to gain storage and dress up surfaces.



FLOATING VANITY

Kailey Slye-Liddic's birch countertop and shelf mount to cleats built into the walls. Baskets and wall-color paint camouflage the drainpipe. Instagram: @slye interior artist



SURFACE COVER-UP

Vinyl flooring in 16"×48" planks (Adura Apex in Trellis; mannington.com) installed over old ceramic tile completed Erica Van Slyke's update.

Instagram: @designingvibes



BRASS-ACCENTED SHELVES

Gallery rails (R-1; vintagehardware.com)
attached to poplor boards with rauted edges
elevate accessories in Alisa Bovino's bath.
Blog: A Glass of Bovino



CLOSET TRANSFORMATION

Kourtni Muñoz removed the door frame on a standard linen closet and re-drywalled to create a deep niche for display shelves. Instagram: @kourtnileigh

BEFORE YOU DIVE IN

A few pointers when you're planning a bathroom update.

TRAINING GROUND

Good projects for beginners include installing towel bars and shelves, replacing cabinet hardware, and replacing a foucet or showerhead.

WATER WISE

You'll need to be able to turn off the water in your bath before replacing a toilet, faucet, or sink, so test the shutoffs. If they haven't been used in years, they may not work and should be replaced first.

MATERIALS LIST

Use cement backer board rather than regular drywall on any wall where tile will get wet.

BRACE YOURSELF

No surprise—the biggest hidden issue in a bath is damage caused by moisture. Be prepared to deal with that problem when you start pulling up flooring or tearing out walls.

READY FOR YOUR NEXT PROJECT?

Check out the DIY Club for creative tips, detailed how-tos, and seasonal project ideas. BHG.com/DIYClub

ACCOUNTING COLOR LIKE POOL FLOATIES

IT'S NOT JUST FOR KIDS

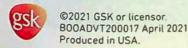
Whooping cough is known for violent, uncontrollable coughing fits which makes it hard to breathe, and is sometimes followed by vomiting and exhaustion. Whooping cough is highly contagious and can easily spread from person to person.



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AboutWhoopingCough.com

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foliage first

Plant a striking container full of colorful, shapely,

and richly textured larger (Variational Plants)





As an AARP member, you can earn \$300 to \$5,500 in benefits' when you buy or sell a home. Contact Realogy to get matched with a participating Better Homes and Gardens Real Estate affiliated agent. Visit Realogy at AARPRealEstateBenefits.com/BHGRE to learn more.



*The cash back benefit is offered in most states. In some states a gift card or commission reduction at closing may be provided in lieu of the cash back bonus. The program is not available for employer-sponsored relocations or transactions in lowa or outside the United States. The cash back bonus is not available in Alaska, Louisiana and Okiahoma. In Kansas and Tennessee, a MasterCard MAX gift card will be issued. In Mississippi, New Jersey, and Oregon, a commission reduction may be available at closing. The cash back bonus is only available with the purchase and/or sale of your home through the use of a participating program real estate agent. The actual amount you receive is based on the purchase and/or sale price of your home. All real estate commissions are negotiable. Other terms and conditions may apply. Please check with a program Advocate for details. Program terms and conditions are subject to change at any time without notice. Additional terms, conditions, and restrictions apply.

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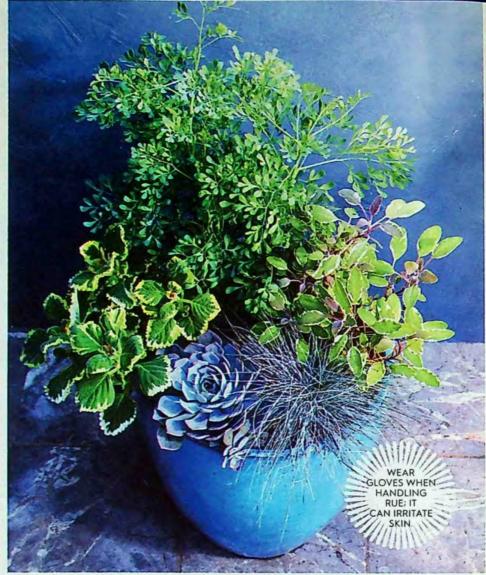
home/container design

shape and texture

A wide variety of leaf types and a palette ranging from cool- to warm-tone greens give this pot its zip. 'Lemon Twist' Swedish ivy, an echeveria rosette, spidery blue fescue grass, and aromatic tricolor sage surround the tall fans of rue. This combo does best in full sun.

all in for pink

A play on one hue—in this case, pink—is a no-fail approach to container design. Caladiums and coleus star in this shade-loving container, with polka-dot plants and heuchera playing supporting roles. Sticking with rounded and heart-shape leaves keeps it all soft and sweet.





BEST AND

How to get the most intense color out of plants with variegated leaves? For caladiums and coleus, the answer is only a few hours of morning sun then an afternoon in the shade. (They also like lots of warm, humid weather.) Some newer varieties of both are sun-tolerant, but be sure to not let the soil dry out.



48 BHSG July 20



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erisidone) tablets

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i is a prescription medication used for the enat of schizophrenia in adults.

gs to look at alternate medications is thing your health care provider may do.

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It is needs to be taken as directed starting at doose and slowly increasing the strength. This leasy the control of symptoms in the first 1 to its 40f treatment.

DRATANT SAFETY INFORMATION FID WARNING:

by patients with psychosis related to altia (having lost touch with reality due amory loss and experiencing a decline in o-day functioning) who are treated with systhotic medications are at an increased of ideath compared to patients treated with sebo. Fanapt[®] is not approved for use in e with dementia-related psychosis.

tess should not use Fanapt® if they have
with allergy to Fanapt® or its ingredients.
icc reactions, including anaphylaxis, rapid
nag of the skin (angioedema), and other
comms of allergy (e.g., throat tightness; swelling
tithroat, face, lips, mouth and tongue; hives;
uand itching) have been reported.

rreased risk of stroke has been reported in lal studies of elderly people with dementiaed psychosis. Fanapt® is not approved for people with dementia-related psychosis.

with may change your heart rhythm (meaning is more time between heartbeats). Heart me changes have occurred in patients taking with and are a risk factor for serious, even interatening medical issues. You should tell fleath care provider if you have or have had a problems. Contact your health care provider away if you feel faint or have unpleasant mays of irregular or forceful heartbeats as any of a feelings could be a sign of a rare, but serious effect that could be fatal. You should not use apt with other drugs that are known to cause as same heart rhythm issues.

your health care provider if you have some or if the following symptoms: very high fever, rigid ides, shaking, confusion, sweating or increased heart rate and blood pressure. These may be signs of a condition called neuroleptic malignant syndrome (NMS), a rare but serious side effect that could be fatal. This may happen with Fanapt® or drugs like it.

Abnormal or uncontrollable movements of the face, tongue, or other parts of the body may be signs of a serious condition called tardive dyskinesia (TD), which could become permanent. The chance of this condition going away decreases, depending on how long and how much medication has been taken. Tell your health care provider if you have body movements you can't control.

Fanapt® and medicines like it have been associated with metabolic changes (high blood sugar, high cholesterol and triglycerides, and weight gain) that can increase cardiovascular/cerebrovascular risks.

Tell your health care provider if you have diabetes or risk factors for diabetes (for example, obesity, family history of diabetes), or if you have unexpected increases in thirst, urination, or hunger. If so, your blood sugar should be monitored. Increases in blood sugar levels (hyperglycemia), which in some cases can be serious and associated with coma or death, have been reported in patients taking Fanapt® and medicines like it.

Changes in cholesterol and triglycerides have been seen in patients taking Fanapt[®] and medicines like it. Check with your health care provider while on treatment.

Some patients may gain weight while taking Fanapt. Your health care provider should check your weight regularly.

Tell your health care provider about any medical conditions that you have including problems with your liver. Fanapt® is not recommended for patients with severe liver problems.

Tell your health care provider if you have a history of or have a condition that may increase your risk for seizures before you begin taking Fanapt.®

Light-headedness or faintness caused by a sudden change in heart rate and blood pressure when rising quickly from a sitting or lying position (orthostatic hypotension) has been reported with Fanapt® This condition is most common when you start therapy, when restarting treatment, or when the dose of Fanapt® is increased. You should consult your health care provider if you have or have had heart problems or conditions that lead to these sudden changes since Fanapt® should be used with caution in these patients.

Fanapt® may increase the risk of falls, which could cause fractures or other injuries.

Decreases in infection-fighting white blood cells (WBCs) have been reported in some patients taking antipsychotic agents. Patients with a preexisting history of low WBC count or who have experienced a low WBC count due to drug therapy should

have their blood tested and monitored during the first few months of therapy. Some (including fatal) cases of agranulocytosis, a serious decrease in specific types of WBCs called neutrophils or granulocytes, have been reported in drugs like Fanapt.®

Fanapt® can increase the level of the hormone prolactin. Tell your health care provider if you experience breast enlargement, breast pain, or breast discharge, abnormal menstrual cycles in females or impotence in males. If elevated levels of prolactin persist, this may lead to bone loss.

Medicines like Fanapt® can impact your body's ability to reduce your body temperature. You should avoid overheating and dehydration.

Fanapt® and medicines like it have been associated with swallowing problems (dysphagia). If you have or have had swallowing problems, you should tell your health care provider.

As with many conditions that affect the way you think or feel, thoughts of suicide may occur. If you get these feelings, seek help immediately from your health care provider, or local emergency room.

For males, in the rare event you have a painful or prolonged erection (priapism), lasting 4 or more hours, stop using Fanapt® and seek immediate medical attention.

Fanapt® and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery, including automobiles, until you know how Fanapt® affects you.

The most common side effects for Fanapt® versus placebo were dizziness, dry mouth, feeling unusually tired or sleepy, stuffy nose, feeling faint/light-headed when standing quickly, racing heartbeat, and weight gain. The average weight gain in clinical studies lasting 4 to 6 weeks was 5 pounds. If you experience any of these symptoms, talk with your health care provider.

When taking Fanapt, you should avoid drinking alcohol, and you should not breastfeed. You should notify your health care provider if you become pregnant or intend to become pregnant while taking Fanapt. Tell your health care provider about all prescription and nonprescription medicines, and supplements you are taking. Some medications may interact with Fanapt.

To access the full Prescribing Information, including BOXED WARNING, visit www.Fanapt.com.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Learn more about savings at www.Fanapt.com.

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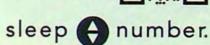


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Better Homes & Gardens.



Promit pops The only downside to these 100-percent fruit pops is how fast they disappear from the freezer. Puree fresh kiwi, raspberries, peaches, and blackberries; layer in molds; and freeze.

PRO TIP For well-defined layers put each pureed fruit in a plastic sandwich bag, cut off a corner, and squeeze into the molds. To watch our how-to video for this recipe, hover your smartphone camera over the code, right.



2021: THE SUMMER OF GRILLED MAC & CHEESE



GRILLING INSTRUCTIONS

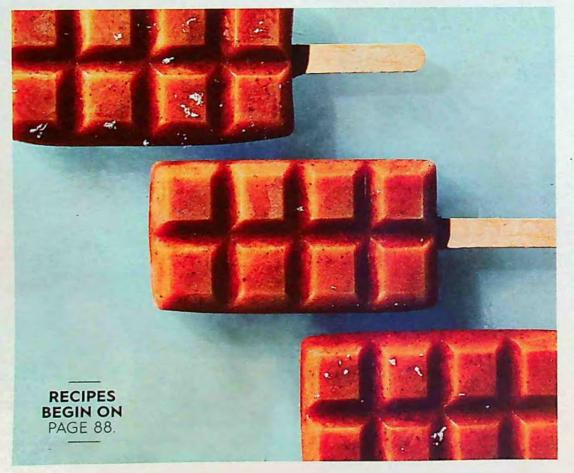


পূর্বা, Size Mac & Cheese only. পুরা বাঁouffers.com/grilling for grilling instructions. food/summer fun

affogato pops

1980s Jell-O Pudding Pops meet trendy affogata (the Italian espresso and ice cream dessert). The result: a sophisticated iced coffee on a stick. PRO TIP Chill both flavored custards—the espresso and the vanilla cream—then pour them into the molds side by side for maximum swirls.





chilemango pops

What's cooler than

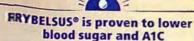
being cool? Ice cold and hot. Ground ancho pepper adds smoky heat to mango . (one of our favorite fruits for freezer pops). Lime juice adds a hint of tartness. PRO TIP For the pops on this page, we used silicone molds (turn to page 88 for buying info) and wooden craft sticks, but 3-ounce paper cups work just as well. Cover the cups with foil to hold the sticks in place.

actults with type 2 diabetes (T2D), along with diet and exercise, once-daily EFLSUS® can help lower blood sugar

Viake Up to the Possibilities of leaching Your A1C Goal







= 2 6-i-month study of people with an average atimg A1C of 8%, the majority of people kining RYBELSUS® reached an A1C of ss tithan 7%

7 out of 10 people on 7 mg of RYBELSUS® 8 out of 10 people on 14 mg of RYBELSUS® 3 out of 10 people on a sugar pill



RYBELSUS® may help you lose some weight

While not for weight loss, in the same 6-month study, people with an average starting weight of 195 pounds lost up to 8 pounds*:

- 5 pounds on 7 mg of RYBELSUS®
- · 8 pounds on 14 mg of RYBELSUS*
- · 3 pounds on a sugar pill

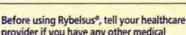
While many people in medical studies lost weight, some did gain weight.



If eligible, you may pay as little as \$10 for a 30-day prescription



Text^d RESULTS to 44535 to learn more about RYBELSUS®



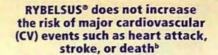
provider if you have any other medical conditions, including if you:

- · have or have had problems with your pancreas or kidnevs
- have a history of vision problems related to your
- · are pregnant or plan to become pregnant. It is not known if Rybelsus® will harm your unborn baby. You should stop using Rybelsus® 2 months before you plan to become pregnant. Talk to your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant
- are breastfeeding or plan to breastfeed Breastfeeding is not recommended during treatment with Rybelsus®

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Rybelsus® may affect the way some medicines work and some medicines may affect the way Rybelsus® works.

What are the possible side effects of Rybelsus®? Rybelsus® may cause serious side effects, including:

- inflammation of your pancreas (pancreatitis). Stop using Rybelsus® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- · changes in vision. Tell your healthcare provider if you have changes in vision during treatment with
- · low blood sugar (hypoglycemia). Your risk for getting low blood sugar may be higher if you use Rybelsus® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin.



In a 6-month study looking at A1C with 703 adults with T2D comparing 7 mg RYBELSUS® and 14 mg RYBELSUS® with a sugar pill when both were added to diet and exercise. In a cardiovascular safety study, 3183 adults with T2D and a high risk of CV events were treated with either 14 mg RYBELSUS® or a sugar pill in addition to their usual diabetes and CV medications.

include: dizziness or lightheadedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, and feeling jittery

Signs and symptoms of low blood sugar may

- kidney problems (kidney failure). In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration
- serious allergic reactions. Stop using Rybelsus[®] and get medical help right away, if you have any symptoms of a serious allergic reaction including itching, rash, or difficulty breathing

The most common side effects of Rybelsus® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting, and constipation. Nausea, vomiting, and diarrhea are most common when you first start Rybelsus®.

Please see Brief Summary of Prescribing Information on adjacent page.

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Message and data rates may apply. Check with your mobile service provider. Message frequency will be based on your selections. Text HELP to 44535 for help. Text STOP to 44535 to guit. See Terms and Conditions of Use at RYBELSUS.com.

See cost and savings info at RYBELSUS.com, and ask your healthcare provider about RYBELSUS® today.

Mnuat is Rybelsus®?

bellisus* (semaglutide) tablets 7 mg or 14 mg a porescription medicine for adults with type 2 labeetes that along with diet and exercise may proove blood sugar (glucose).

* boeisus* is not recommended as the first choice of medicine for treating diabetes

tis a not known if Rybelsus® can be used in people amono have had pancreatitis

tipelsus® is not for use in people with type 1 databetes and people with diabetic ketoacidosis

is safe and effective for see in children under 18 years of age .

maportant Safety Information

Wheat is the most important information I should norow about Rybelsus®? boelsus® may cause serious side effects,

Prossible thyroid tumors, including cancer. Teel your healthcare provider if you get a lump one swelling in your neck, hoarseness, trouble sawallowing, or shortness of breath. These may be ptoms of thyroid cancer. In studies with rodents, Pribelsus® and medicines that work like Rybelsus® caraused thyroid tumors, including thyroid cancer. It se not known if Rybelsus® will cause thyroid tumors coor a type of thyroid cancer called medullary thyroid cocarcinoma (MTC) in people

Doo not use Rybelsus® if:

you or any of your family have ever had MTC, or you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 1 (MEN 2)

· · you are allergic to semaglutide or any of the ingredients in Rybelsus®



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Brief Summary of information about RYBELSUS® (semaglutide) tablets

RYBELSUS® semaglutide tablets registers

Rx Only

This information is not comprehensive.

- . Talk to your healthcare provider or pharmacist
- Visit www.novo-pi.com/rybelsus.pdf to obtain the FDA-approved product labeling
- · Call 1-833-GLP-PILL

Read this Medication Guide before you start using RYBELSUS® and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment

What is the most important information I should know about RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

- Possible thyroid tumors, including cancer. Tell your healthcare provider
 if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or
 shortness of breath. These may be symptoms of thyroid cancer. In studies with
 rodents, RYBELSUS® and medicines that work like RYBELSUS® caused thyroid
 tumors, including thyroid cancer. It is not known if RYBELSUS® will cause thyroid
 tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in
 people.
- Do not use RYBELSUS® if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC), or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

What is RYBELSUS®?

RYBELSUS® is a prescription medicine used along with diet and exercise to improve blood sugar (glucose) in adults with type 2 diabetes.

- RYBELSUS® is not recommended as the first choice of medicine for treating diabetes.
- It is not known if RYBELSUS® can be used in people who have had pancreatitis.
- RYBELSUS® is not for use in patients with type 1 diabetes and people with diabetic ketoacidosis.

It is not known if RYBELSUS® is safe and effective for use in children under 18 years of age.

Do not use RYBELSUS® if:

- you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- . you are allergic to semaglutide or any of the ingredients in RYBELSUS®.

Before using RYBELSUS®, tell your healthcare provider if you have any other medical conditions, including if you:

- · have or have had problems with your pancreas or kidneys.
- have a history of vision problems related to your diabetes.
- are pregnant or plan to become pregnant. It is not known if RYBELSUS® will
 harm your unborn baby. You should stop using RYBELSUS® 2 months before
 you plan to become pregnant. Talk to your healthcare provider about the best
 way to control your blood sugar if you plan to become pregnant or while you are
 pregnant.
- are breastfeeding or plan to breastfeed. Breastfeeding is not recommended during treatment with RYBELSUS®.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. RYBELSUS® may affect the way some medicines work and some medicines may affect the way RYBELSUS® works.

Before using RYBELSUS®, talk to your healthcare provider about low blood sugar and how to manage it. Tell your healthcare provider if you are taking other medicines to treat diabetes, including insulin or sulfonylureas.

Know the medicines you take. Keep a list of them to show your healthcare provider

How should I take RYBELSUS®?

- Take RYBELSUS® exactly as your healthcare provider tells you to.
- Take RYBELSUS® by mouth on an empty stomach when you first wake up.
- Take RYBELSUS® with a sip of water (no more than 4 ounces).
- . Do not split, crush or chew. Swallow RYBELSUS® whole.
- After 30 minutes, you can eat, drink, or take other oral medications.
 RYBELSUS® works best if you eat 30 to 60 minutes after taking RYBELSUS®.
- If you miss a dose of RYBELSUS®, skip the missed dose and go back to your regular schedule.
- Talk to your healthcare provider about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.

What are the possible side effects of RYBELSUS®? RYBELSUS® may cause serious side effects, including:

- See "What is the most important information I should know about RYBELSUS®?"
- inflammation of your pancreas (pancreatitis). Stop using RYBELSUS® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- changes in vision. Tell your healthcare provider if you have changes in vision during treatment with RYBELSUS®.
- low blood sugar (hypoglycemia). Your risk for getting low blood sugar may
 be higher if you use RYBELSUS® with another medicine that can cause low blood
 sugar, such as a sulfonylurea or insulin. Signs and symptoms of low blood
 sugar may include:
 - o dizziness or light-headedness
- o blurred vision

o confusion or drowsiness

- o anxiety, irritability, or mood changes
- nges o sweating
- o slurred speech

o shakiness

- hungerweakness
- o headache

- o fast heartbeat
- o feeling jittery
- kidney problems (kidney failure). In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration) which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.
- serious allergic reactions. Stop using RYBELSUS® and get medical help right away, if you have any symptoms of a serious allergic reaction including itching, rash, or difficulty breathing.

The most common side effects of RYBELSUS® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting and constipation. Nausea, vomiting and diarrhea are most common when you first start RYBELSUS®.

Talk to your healthcare provider about any side effect that bothers you or does not go away. These are not all the possible side effects of RYBELSUS®.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store RYBELSUS®?

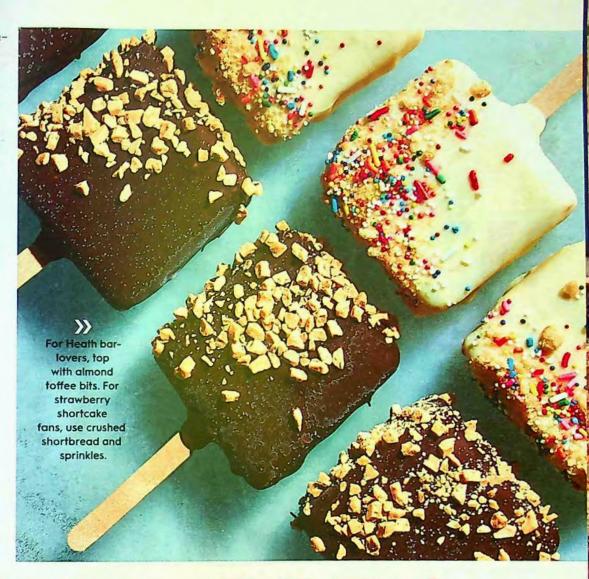
- Store RYBELSUS® at room temperature between 68°F and 77°F (20°C to 25°C).
- · Store in a dry place away from moisture.
- Store tablet in the original pack.
- · Keep the tablet in the pack until you are ready to take it.
- Keep RYBELSUS® and all medicines out of the reach of children.

Revised: 01/2020

and pharmacist when you get a new medicine.

chocolatetoffee and strawberry shortbread squares

These ice cream
squares on a stick are
a cinch to make (no
molds needed).
Spread softened ice
cream (vanilla or
strawberry) into an
8-inch square baking
pan, freeze, cut into
squares, insert a stick,
dip in melted
chocolate or white
baking chips, and
sprinkle on toppings.





berryyogurt rocket pops

Berries and Greek yogurt team up in these striped parfait treats—a creamy twist on the beloved Bomb Pop. Layer a homemade raspberry or blueberry jam with vanilla Greek yogurt for a tangy, not-toosweet dessert that's perfectly acceptable for breakfast too. Freeze in Star Pop Molds (Tovolo, \$13; target.com).

on the cover Pair the pops with ice made in star-shape ice cube trays. ■



Strawberry coffee cake

This tender cake is cookbook author Claire Saffitz's favorite kind of treat—one that

works for breakfast or dessert. Here's her summer spin on a beloved family recipe.

hile I only remember meeting my Aunt Tilly once or twice (she was actually my mother's aunt-my grandmother's sister), she was famous in my family. More accurately, her apple cake was famous. When I was growing up, Aunt Tilly's Apple Cake made a regular appearance at most special occasions, from birthdays to bat mitzvahs to housewarmings. In 2002, it won recipe of the year in the local paper. That cake was one of a handful of beloved Ashkenazic recipes passed down from my grandmother and her siblings to my mom-recipes like Aunt Rose's Mondel Bread and my Nanny's blintzes.

We know relatively little about my mother's family, but recently I did learn that before immigrating to the United States from what is today Ukraine, my great-grandfather was a baker. Since pocketing that tiny nugget of family history, my sense of stewardship over these already dear recipes has only increased, so I am proud to share this one with you. Although Aunt Tilly's original recipe is delicious, as a baker myself I couldn't resist making some changes and updating the recipe for summertime, swapping in brightly flavored strawberries for the apples and including cornmeal in the streusel topping for crunch. I can't be certain, but I imagine Aunt Tilly would approve.





Strawberry Coffee Cake with Cornmeal Streusel

This perfect-anytime cake is an ideal way to use overripe berries, but frozen strawberries work well too. The berry ribbon running through the cake helps keep it moist.

HANDS-ON TIME 45 min. TOTAL TIME 1 hr. 30 min., plus cooling

- 4 to 5 cups fresh or frozen strawberries
- 1/3 cup granulated sugar
- 1 Tbsp. finely grated lemon zest
- 3/4 cup light brown sugar, packed
- 33/4 cups all-purpose flour
- 1/3 cup cornmeal
- 11/2 tsp. ground cinnamon
- 1/2 cup unsalted butter, cut into pieces, at room temperature
- 21/4 tsp. baking powder
- 1/4 cup orange juice
- ½ cup sour cream, at room temperature
- 2 tsp. vanilla extract
- 13/4 cups granulated sugar
- 4 large eggs, at room temperature
- 1. For filling: In a 10-inch skillet combine strawberries, the 1/3 cup granulated sugar, and a pinch of kosher salt. Warm over medium-

tip

Use a flexible

spatula to

scrape down

the bowl and

fold batter

several times

during mixing

to ensure it's

evenly mixed.

low, stirring occasionally, until berries have released their juices and sugar is starting to dissolve, 5 to 8 minutes. Increase heat to medium and continue to cook

until berries are submerged in liquid and soft, about 5 minutes longer; carefully mash. Bring to a boil and cook,

stirring often, until mixture has reduced to about 1½ cups, about 10 to 15 minutes. Remove from heat and stir in the lemon zest; let cool completely.

- 2. Meanwhile, for streusel:
 In a medium bowl combine brown sugar, ¾ cup af the flour, the cornmeal, cinnomon, and a generous pinch of kasher salt. Add butter and use your fingers to wark it into the mixture until all the dry bits have been incorporated.
- 3. Arrange an oven rack in the center position and preheat to 350°F. Grease a 13×9-inch pan. In a medium bowl whisk together the

remaining 3 cups flour, the boking powder, and 1½ tsp. kosher salt. In a small bowl whisk together orange juice, sour creom, and vanilla extract.

4. In the bowl of a stand mixer fitted with a paddle

attachment combine the 1% cups sugar and eggs and beat, starting on low and gradually increasing to medium-high, until the mixture is very pale and voluminous, about

tip

Mash berries into a very lumpy purée, then cook until the mixture is deep red and thick like jam. 2 minutes.
With the mixer running, slowly stream in 1 cup neutral oil. Reduce speed to low, then add

half of the flour mixture; beat until most of the flour disappears. Add the orange juice mixture and beat until smooth; repeat with remaining flour mixture.

- 5. Scrape batter into pan. Spoon strawberry filling over the entire surface of the batter. Use a toothpick or skewer to make figure eights, swirling in the filling. Sprinkle streusel mixture evenly over the top.
- 6. Bake cake until top is risen and golden brown and a cake tester cames out clean, 40 to 50 minutes. Remove from the oven; let cool completely in the pan. Serves 16.

each serving 462 cal, 22 g total fat (6 g sat fat), 65 mg chol, 206 mg sodium, 61 g carb, 2 g fiber, 35 g sugars, 5 g pro ■

CHECK OUT CLAIRE'S BOOK Dessert Person, \$35; penguinrandom house.com tip

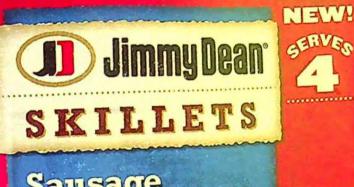
If you're using a glass dish, drop the oven temp to 325°F. Bake 40 to 50 minutes as directed.





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OUT IN THE AND COOK IT."

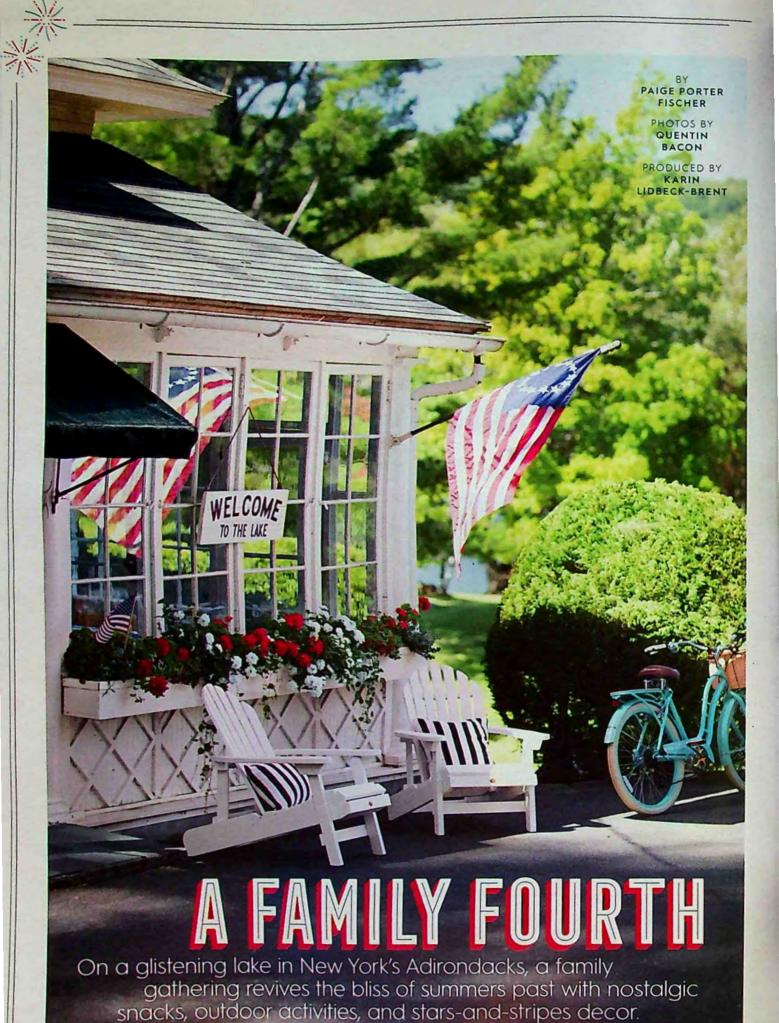


Sausage

DICED POTATOES, RED & GREEN PEPPERS, ONIONS, SAUSAGE CRUMBLES & CHEDDAR CHEESE











Patriotic Bunting

Leah, left, was an attorney before the blog she started as a passion project fueled a new career as a designer. (Follow her work at @leaholsonstyle.) For bunting, she strings red nylon rope and attaches cloth flags with metal file clips.

he day Leah Olson was born, her grandfather bought a 1908 house on a tiny island in the middle of Lake George in the Adirondacks.

"That was the best gift he could've ever given our family, because this house has become the summer gathering spot for his children, grandchildren, and great-grandchildren ever since," says Leah, a designer who lives in Upstate New York but spends much of the summer at that lake house.

"My parents were both teachers, so when school was out, we would head up to the lake to spend the summer here: eating dinners on the wraparound porch,

Stenciled Tubes

Simple hand-cut stencils and paint make black inner tubes celebratory. Use a craft knife to cut star shapes out of contact paper that adheres to the curved surface. Fill in the star with a coat of acrylic outdoor paint. Remove stencils; let dry 48 to 72 hours.

jumping off the dock into the water, swimming with my cousins," she says. "I still call this place 'camp,' rather than 'the lake house,' because that's what it feels like. Every Fourth of July, my grandfather would take me out on his boat, and I can still picture myself sitting right between him and my grandmother, cruising the beautiful lake. It's always been one of my favorite days of the year because of the nostalgia I have for those days."

Leah re-creates some of that magic for her family. She dresses up the dock with homemade stars-and-stripes bunting and dots the table with red and white flowers. She sets out bowls of old-school snacks and cups of fruit so everyone can snag what they want on the way to the dock or to a blanket on the lawn. "I want everything to be festive and pretty, but unfussy and stress-free," she says.

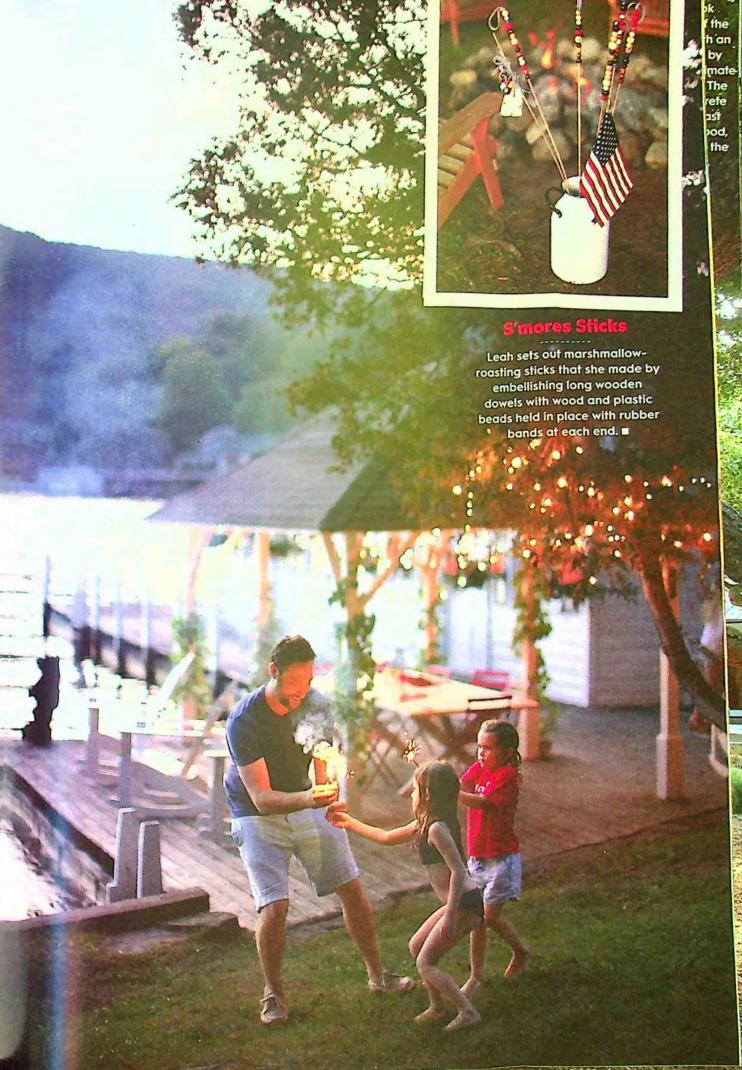
After a day floating in Leah's handstenciled inner tubes, everyone gathers around the firepit to make s'mores and watch the fireworks over the lake. "It's the most-anticipated night of the summer, with everyone gathered in this place that holds so many memories of summers past," Leah says. "And I love that we're building up the bank of new memories too."

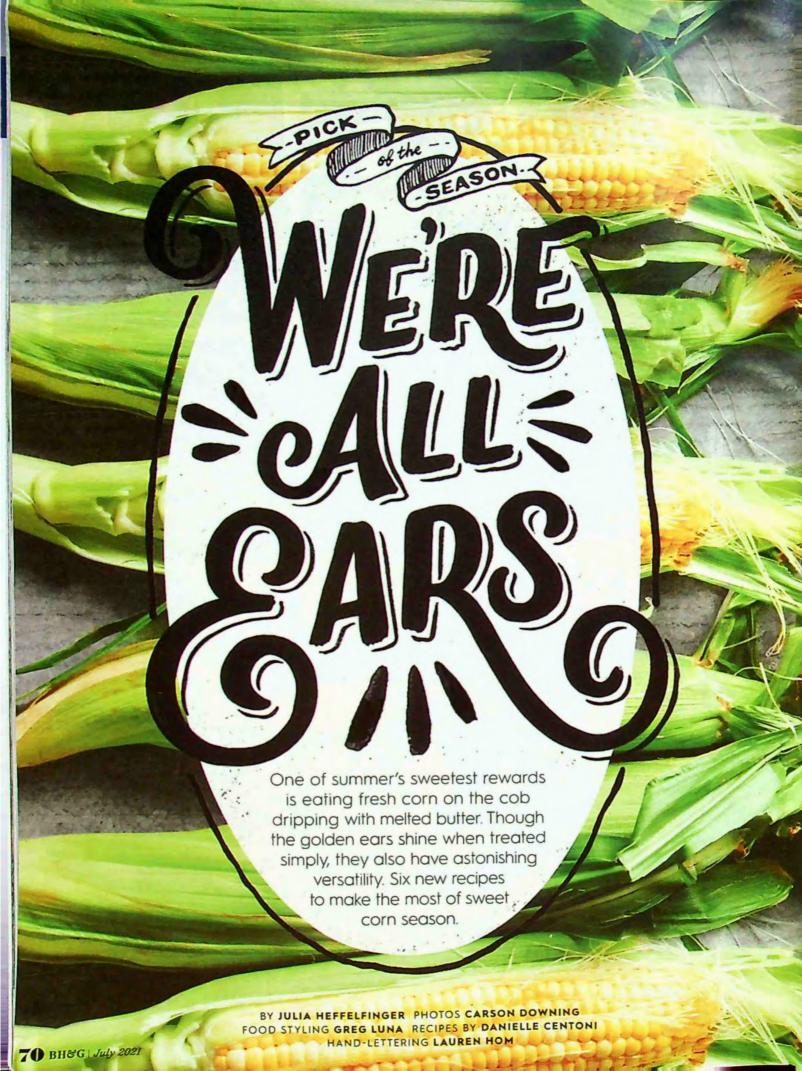


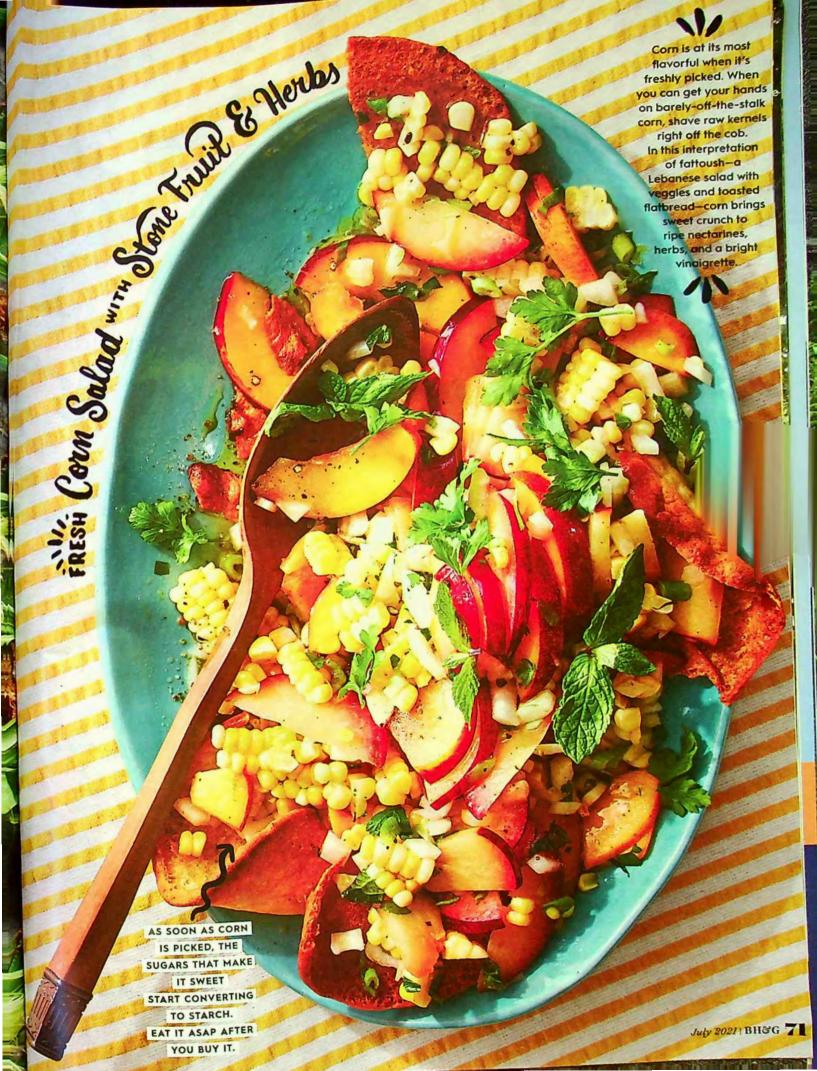








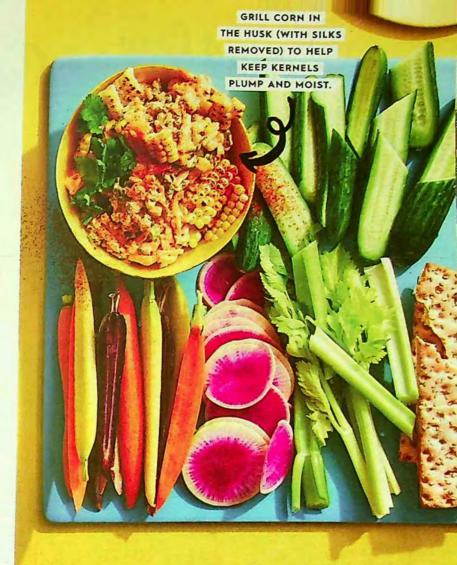


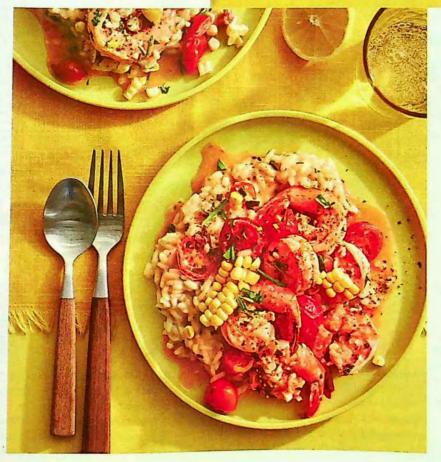




Smoky GRILLED CORN, Poblano & CHEESE DIP

Think of this recipe as pimento cheese's Southwestern cousin.
Grill corn and poblanos to give them a smoky char, then fold them together with mayo, green onions, pickled jalapeños, and two types of shredded cheese. Serve cold or warm with veggies, crackers, and/or corn chips.





SUMMER & Risolto TE CORN BUTTER & Shrimp

Every part of the corncob goes into this velvety risotto: Boil the cobs with shrimp shells for a stock ta cook the rice in, reduce the corn juices to a concentrated "butter" to fold into the finished risotto, and sprinkle the raw kernels on top.



TOP IT

Dress up basic boiled corn on the cob with these big-flavor finishers.



MISO-MAYO Stir together 1 Tbsp. white miso paste and 1 Tbsp. mayonnaise.



MUSTARD-TARRAGON Stir 2 Tbsp. yellow mustard, 1 tsp. lemon zest, and 1 Tbsp. tarragon into ½ cup

softened butter.

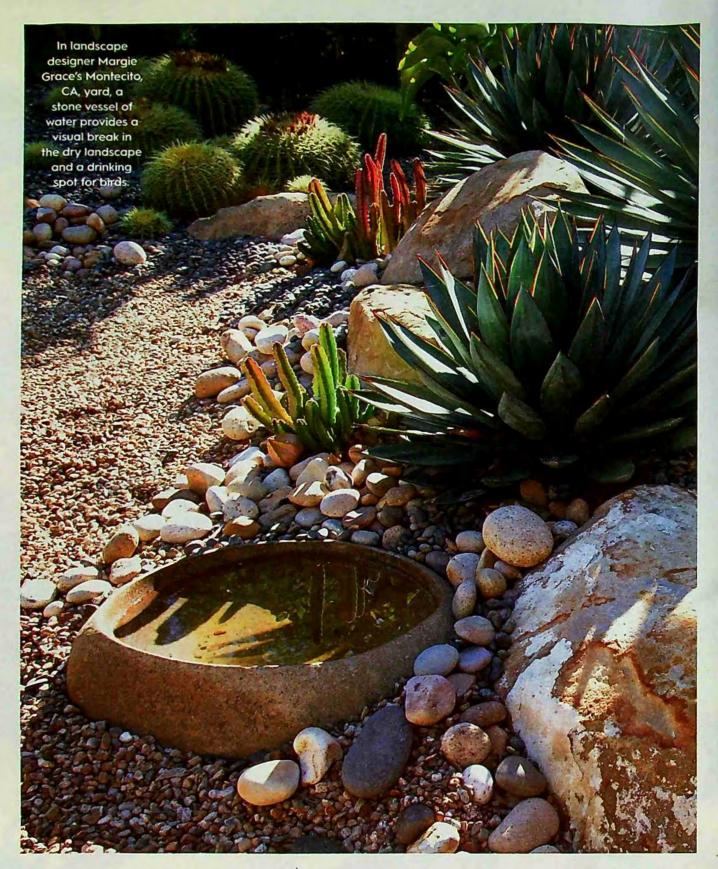


BARBECUE BUTTER
Combine ½ cup
softened butter
with 2 tsp. purchased
barbecue rub.



OLIVE OIL & BASIL
Drizzle corn with
olive oil and sprinkle
with salt, ground
black pepper, and
fresh basil.





PRETTY/TOUGH

A drought-tolerant gravel garden can be just as soft and inviting as one packed with plants.



ne of landscape designer Margie Grace's favorite materials is so humble it rarely gets a second thought. "I love gravel," she says. "It feels so timeless and earthy, and you know the soil is breathing beneath it."

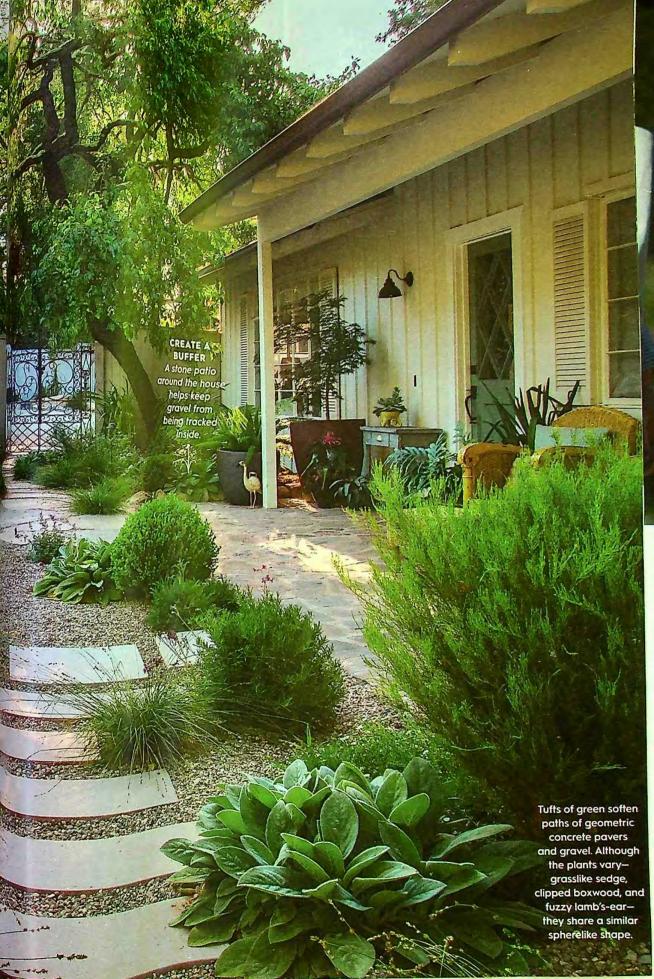
In the yard around her and partner Dawn Close's ranch house in Montecito, CA, gravel is the foundation of her design. By combining the material with airy grasses and perennials, she created a space that's easygoing, surprisingly soft-looking, and drought-tolerant. "I really, really wanted to crack the nut on water," Margie says. (Though her area gets little rain yearround, drought conditions can occur anywhere in the country.) "I wanted super-low water use but a lush feel."

She also wanted to find a way to carve the backyard, which was an expanse of drought-dead grass when she moved in, into different garden rooms.

Now, gravel paths and barefoot-friendly concrete pavers wind among the mature oak trees, gently waving grasses, and structural succulents to distinct seating and dining areas.

Even though she uses fewer plants than many designers might ("A way to use less water is to use less plant material," she says), Margie appreciates the particular charms of each one, like the golden grasses. "Right around 5 o'clock there's a beam of light that comes through the seed heads, and it's frickin' magic," she says. "The show is over in seven minutes, but it's worth organizing your day around."

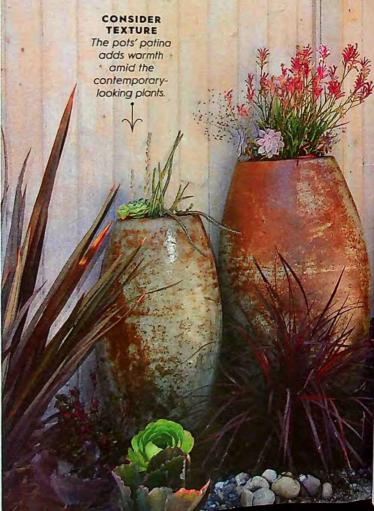














Margie Grace works a few surprises into the calm and consistent design.

A custom firepit, far left, made from a repurposed industrial propane tank and filled with crushed clear glass, sits at the center of the outdoor living room. A gravel frame ties the firepit to the rest of the yard.

The majority of Margie's garden relies on foliage, but she plants a handful of water-wise flowers for color. In this pocket, above left, bright orange California poppies, which reseed themselves each year, mix with fern leaf lavender. (Get a similor look with other garden poppies suited to your growing zone.)

Tall pots, *left*, bring low-growing plants to eye level for some height in a narrow border.

A gravel path lined with tufts of grass, far left, leads through whimsical purple arbors (Gracie Modern Arbors by TerraTrellis) that function as sculpture. Margie hung strings of mirrored garland on them and calls this the "Purple Rain" garden.



element that suits a wide variety of garden styles: sleekly cantemporary, casual and friendly, or Versailles-level formal. The material visually cannects different areas in the yard and serves as soothing negative space. Practically, it can be used for a driveway, a walkway, or as mulch, planted (as Margie does) with unthirsty grasses. It's flexible, not particularly expensive, and less permanent than concrete.

CHOOSE

Gravel comes in a range of calars, including tawny browns and cool grays When choosing gravel, Morgie brings all the materials she plans to use to make sure the colors harmonize. "I get a chunk of the paving stone I'm going to use into the back of the car," she says. She recommends crushed gravel for driveways but larger rocks, at least 3% inch, for areas that will have leaves blown off them.

INSTALL Margie uses gravel directly on sail. although gardeners in rainier regions should use a base layer of landscape cloth to keep the grovel out of the mud. Prepare soil by leveling and firming it. A 1/2- to 1-inch-thick layer of gravel is plenty. If you can make distinct footprints, it's too deep. Where people will walk in bare feet, use smooth concrete or stone pavers.

MAINTAIN Although it's on effective mulch, weeds can still take root in gravel. About once a month, Margie uses a stirrup hoe to dispense with them while they're youngbefore they go to seed. Occasional raking keeps grovel looking neat, and leaf-blowing a few times a season clears fallen leaves. Every few years, replenish spots that look thin and get a lot of troffic.

cookbook



RECIPES FROM PAGES 70-75 WE'RE ALL EARS

FRESH CORN SALAD WITH STONE FRUIT & HERBS

START TO FINISH 30 min.

- pita bread rounds, split horizontally
- ears corn, husks and silks removed
- to 3 nectarines, plums, and/or peaches, sliced or chopped
- cup chopped sweet anion
- 2 green onions, white and green parts chopped
- 1/4 cup cider vinegar
- 1/2 cup coarsely chopped fresh mint and/or flat-leaf parsley
- 1. Preheat oven to 400°F. Place pita bread rounds on a baking sheet and brush with 2 Tbsp. olive oil. Boke 8 minutes or until crisp and golden brown. Break into bite-size pieces.
- 2. Cut carn kernels off cobs. In a large bowl toss corn with fruit, sweet onion, and green onions. Drizzle with vinegar and 1/4 cup olive oil; sprinkle with 1 tsp. salt and 1/4 tsp. freshly ground black pepper. Add herbs and pita pieces; toss. Season with additional salt and/or vinegar. Serve immediately. Serves 6. PER SERVING 248 cal, 15 g fat (2 g sat fat), 507 mg sodium, 27 g carb, 3 g fiber, 8 g sugars, 4 g pro

CORN CROSTATA WITH TOMATILLOS & QUESO FRESCO

HANDS-ON TIME 20 min. TOTAL TIME 1 hr. 30 min.

- 11/2 cups all-purpose flour
- 3/4 cup cornmeal
- 1/2 cup cold unsalted butter, cut into 1/2-inch cubes
- 3/4 1b. fresh tamatillos, husks removed, rinsed, and sliced 1/4 inch thick
- to 3 heirloom tomataes, sliced 1/4 inch thick
- cups corn kernels (3 ta 4 ears) 2
- cup sliced onion
- cup crumbled queso fresco (4 oz.)
- - Fresh basil leaves
- 1. For crust: In a food processor pulse flour, cornmeal, and 1/2 tsp. kosher salt. Add butter; pulse until butter is pea-size. Add 1/4 cup ice water. Pulse until dough is evenly moistened. Add 2 to 3 Tbsp. additional ice water, pulsing until dough comes tagether and you can squeeze it into a ball without it crumbling apart. Turn dough out, gather into a ball, flotten into a disk, fold in half, and repeat. (This helps make the crust flaky.) If dough is too sticky and difficult to handle, wrap and chill 30 minutes or until easy to handle.
- 2. Meanwhile, for filling: In a colonder gently toss tomatillos and 1 tsp. kosher solt. Place tomotaes between layers of paper towels. Let both sit about 20 minutes so they release some of their liquid. Rinse tomatillos; pat dry with paper towels.
- 3. In an extra-large skillet heat 1 Tbsp. olive oil over medium-high. Add corn and onion. Cook and stir 6 to 8 minutes or until charred. Remove from heat.
- 4. Preheat oven to 425°F. On a lightly floured sheet of parchment paper roll dough into a 13-inch circle. Transfer dough with parchment to a large baking sheet. Crumble 3/4 cup of the guesa fresco evenly over dough, leaving a 11/2-inch border. Arrange half of the tomatillos on top, overlapping as necessary. Top with opproximately three-fourths of the corn mixture.

Arronge tomotoes and the remaining tomotillos on top. Finish with remaining corn mixture. Fold dough border over edge of filling, pleating as necessary. 5. In a small bowl stir together egg and 1 Tbsp. water. Brush exposed crust with egg wash. Drizzle the vegetables with 1 Tbsp. olive oil and sprinkle with 1/2 tsp. kosher solt and 1/4 tsp. coarsely ground black pepper. Bake crostata 40 minutes or until crust is browned. Let cool 5 to 10 minutes. Top with the remaining quesa fresco and the basil. If desired, drizzle with additional olive oil. Serves 6. PER SERVING 490 cal, 27 g fat (13 g sat fat), 85 mg chol, 546 mg sodium, 52 g carb, 5 g fiber, 8 g sugars, 12 g pro

SMOKY GRILLED CORN, POBLANO & CHEESE DIP

HANDS-ON TIME 15 min. TOTAL TIME 4 hr. 30 min., includes chilling

- large ear corn
- poblano, Anaheim, and/or Hatch peppers
- cup shredded sharp cheddar cheese (4 oz.)
- 1/2 cup shredded pepper Jack cheese (2 oz.)
- 1/2 cup mayonnaise
- green onion, chopped
- Tbsp. pickled jalapeños, chopped
- tsp. Dijon mustard
- 1/2 tsp. smoked paprika Chopped fresh cilantro (optional) Dippers such as crudités, crackers, and/or tortilla chips
- 1. Fold back corn husk, remove silks, and replace husk. Grill corn and peppers, covered, over medium-high 15 minutes or until well-charred, turning occasionally. Set corn aside. Place peppers in a bowl, cover, and let stand until cool enough to handle.
- 2. Remove charred skins, stems, and seeds from peppers; chop. Remove husk from corncob, and cut corn kernels off cob. If desired, set aside some corn for garnish.
- 3. In a large bowl stir peppers, corn, cheeses, mayo, green onion, jalapeños, mustard, and paprika until combined.

OAT TOTE

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cookbook

Season with kosher salt and block pepper. Cover; chill at least 4 hours. 4. If desired, top with reserved corn, the cilantro, and/or odditional smoked papriko or chopped green onion. Serve with dippers. Mokes 2 cups. PER 2 TBSP. DIP 102 cal, 9 g fat (3 g sat fat), 13 mg chol, 183 mg sodium, 3 g carb, 3 g pro

SUMMER RISOTTO WITH CORN BUTTER & SHRIMP

The traditional rice used in risotto is the Italian short-grain Arborio. If you can't find it, try Carnaroli, another Italian varietal but with a medium grain, a higher starch content, and a firmer texture than Arborio. HANDS-ON TIME 20 min. TOTAL TIME 1 hr. 20 min.

- ears corn, husks and silks removed
- 11/2 lb. large shell-on shrimp (21- to 25-count)
- 1 large lemon
- 1/3 cup chopped fresh tarragon and/or flat-leaf parsley
- green onions, chopped
- 5 garlic cloves, minced
- cups vegetable broth
- cup finely chopped onion
- 11/2 cups Arborio or Carnaroli rice
- 3/4 cup dry white wine
- 2 bay leaves
- cups cherry, grape, and/or mini heirloom tomatoes, halved
- 1 cup grated Parmesan cheese (optional)
- 1. For corn butter: Cut corn kernels off cobs; reserve 1 cup kernels. Place remaining corn in a food processor. Use the back of a knife to scrope the milky juices from the cobs into the food processor; reserve cobs. Process corn until smooth. Press through a fine-mesh sieve into a saucepan; discard solids. Cook corn juices over medium obout 5 minutes or until thickened. Transfer to a bowl. Cover; chill until ready to use. (Corn butter can be made several days ahead and refrigerated.)
- 2. For shrimp: Remove and reserve shells for stock. Devein shrimp and rinse under cold water. Remove zest and

squeeze juice from leman, in a lorge bowl combine shrimp, lemon zest and juice, 1/4 cup olive oil, 1/4 cup of the tarragon, the green onions, garlic, 1 tsp. kosher salt, and 1/8 tsp. freshly ground black pepper. Toss to coat. Cover and chill at least 30 minutes or up to 2 hours.

- 3. Meanwhile, for stock: Heat 2 tsp. olive oil in a lorge pot or Dutch oven over medium-high. Add shrimp shells; cook 3 minutes or until pink, stirring occasionally. Add reserved corncobs, the vegetable broth, 2 cups water, and 1/2 tsp. kosher salt. Bring to boiling over medium-high; reduce heat to mediumlow. Simmer, uncovered, 30 minutes. Strain solids and measure the stock. You should have 41/2 cups; if not, add water or purchased broth. Return stock to pot. Warm over low. (Stock can be made several days ahead and refrigerated. Bring to a simmer before using.)
- 4. For risotto: In a Dutch oven heat 1 Tbsp. olive oil over medium-high. Add finely chopped onion and season with kosher salt and ground black pepper. Caok 5 minutes or until tender, stirring occasionally. Add rice; cook and stir 2 minutes or until it smells toosty and looks translucent around the edges. Add white wine and boy leaves; cook 2 minutes or until liquid is absorbed. Add about 1 cup of the hot stock; cook until liquid is absorbed, stirring frequently. (Stirring helps release starch in the rice.) Repeat with the remaining stock, adding I cup at a time and stirring frequently after each oddition. When rice is tender, season with salt and pepper. Remove from heat; cover to keep warm.
- 5. Heat an extra-large skillet over medium-high. Add shrimp mixture and tomatoes. Cook 3 to 5 minutes or until shrimp are opaque and tomatoes have started to collapse, stirring frequently. Remove boy leaves from risotto. Stir corn butter, cheese (if using), ond remaining torragon into risotto. Serve topped with shrimp and reserved corn kernels. Serves 6.

*TIP Shrimp stock adds a lot of flavor, but you can skip this step and use

Corn Prep

For tips on prepping, blanching, freezing, and cutting kernels off the cob without making a mess, go to BHG.com/ CutCom.



41/2 cups vegetable broth or reduced-sodium chicken broth.

PER SERVING 376 cal, 6 g fat (1 g sat fat), 159 mg chol, 591 mg sodium, 51 g carb, 2 g fiber, 5 g sugars, 25 g pro

BUTTER-BRAISED CORN ON THE COB

START TO FINISH 25 min.

- cup milk
- cup unsalted butter
- large garlic cloves, smashed
- Tbsp. chili powder
- Tbsp. ground cumin
- ears corn, husks and silks removed Cheddar cheese, sliced green onions, and/or thinly sliced jalapeño pepper (optional)
- 1. In a large pot or Dutch oven bring 4 cups water to boiling over mediumhigh. Add milk, 1/2 cup of the butter, two of the garlic cloves, 1 Tbsp. of the chili powder, 11/2 tsp. of the cumin, and 11/2 tsp. kosher salt. When butter is melted, add corn, arranging ears to keep them submerged; cover, Reduce heat to a simmer; cook 5 to 8 minutes.
- 2. Meanwhile, soften remaining 1/4 cup butter and mince remaining two garlic cloves. In a small bowl stir together softened butter, minced gorlic, the remaining 1 Tosp. chili powder and 11/2 tsp. cumin, and 1/2 tsp. kosher salt.
- 3. Serve corn with butter mixture and a spoonful of the cooking liquid. If you like, top with cheese, green onions, jalapeño slices, and/or additional chili powder. Serves 4.

PER SERVING 191 cal, 13 g fat (8 g sat fat), 31 mg chal, 213 mg sodium, 19 g carb, 3 g fiber, 6 g sugars, 4 g pro

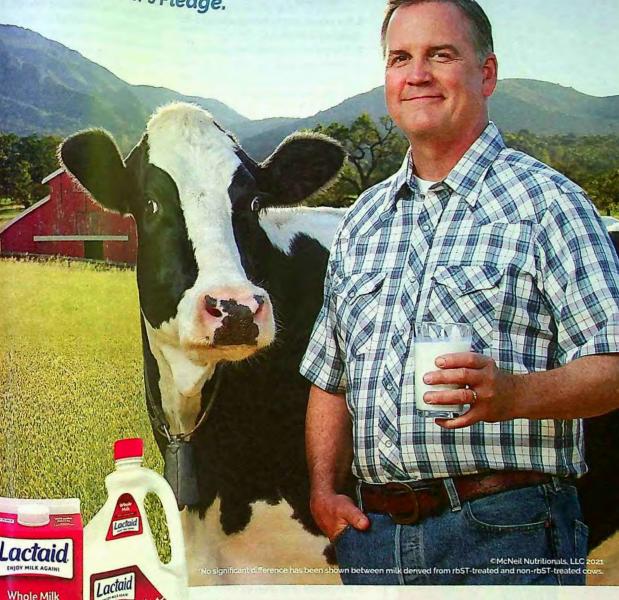
SWEET CORN PANNA COTTA WITH CHERRY-VANILLA COMPOTE

HANDS-ON TIME 30 min. TOTAL TIME 4 hr. 30 min.

- ears corn, husks and silks removed
- 0.25-oz. envelope unflavored
- 2 cups heavy cream
- 1/3 cup honey

AMERS IT ISN'T

Real milk with no lactose.
No artificial growth hormones.*
That's our Farmer's Pledge.



Whole Milk

Woo Lactor free



Lactaid

100% real milk, no lactose.



cookbook

- vanilla bean, split
- lb. fresh sweet cherries, stemmed, pitted, and halved, or 2 cups frozen pitted sweet cherries
- 1/4 cup sugar
- tsp. balsamic vinegar
- 1/2 cup coramel corn or kettle corn, crumbled if desired (optional)
- 1. For panna cotto: Refrigerate six 6-oz. ramekins until chilled.
- 2. Cut corn kernels off cobs and place in a food processor. Use the back of a knife to scrape the milky juices from the cobs into the food processor. Process until smooth. Measure 1 cup puree.
- 3. Place 1/4 cup cold water in a small bowl; sprinkle gelatin evenly over top. Let stand 5 minutes.
- 4. In a large saucepan combine corn puree, cream, honey, and 1/4 tsp. kosher salt. Use back of a knife to scrape seeds from half of the vanilla bean. Add seeds and bean half to pan. Heat cream mixture over medium until just boiling. Remove from heat.
- 5. Stir gelatin into the hot cream mixture until dissolved.

Strain mixture through a fine-mesh sieve into a large liquid measuring cup or bowl with a pouring spout, gently pressing on the solids to extract the liquid. Rinse the vanilla bean half and reserve it for cherry compote; discard remaining solids. Divide cream mixture among ramekins.

Refrigerate, uncovered, 4 to 24 hours or until set.

6. For compote: In a medium saucepan combine cherries, sugar, a pinch kosher salt, and 2 Tbsp. water. Cover and cook over medium 5 minutes or until cherries release some of their juices, stirring occasionally. Scrape seeds from remaining vanilla bean half. Add seeds and both



EASY SWAP

In place of a pastry bag, roll a triangular piece of parchment paper into a cone. Fold ends over top edge to secure. Drop a medium star tip into the bag, trim tip from the cone, and pipe per recipe. BROUGHT TO YOU BY REYNOLDS KITCHENS

bean halves to pan. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 12 minutes or until cherries are tender, stirring occasionally. Discard vanillo bean. Stir in balsamic vinegar. Use warm or refrigerate.

7. Run a knife around the edge of each ramekin and invert onto a serving plate (or serve in ramekin). Serve cold. topped with cherry compote and (if using) caramel corn. Makes 6.

PER PANNA COTTA 430 cal, 29 g fat (19 g sat fat), 90 mg chol, 101 mg sodium, 41 g carb, 2 g fiber, 35 g sugars, 5 g pro

RECIPES FROM PAGES 14-18

HAVE A SPARKLING **FOURTH**

MINI CUPCAKES

HANDS-ON TIME 25 min. TOTAL TIME 2 hr.

11/2 cups all-purpose flour

3/4 tsp. baking powder

1/4 tsp. baking soda

1/3 cup butter, softened

11/s cups sugar

- tsp. vanilla
- egg whites
- cup buttermilk
- tsp. red gel food coloring Blue gel food coloring Creamy White Frosting (opposite)
- 1. Preheat oven to 350°F. Line forty-eight 13/4-inch muffin cups with paper bake cups.
- 2. In a small bowl stir together flour, baking powder, baking soda, and 1/2 tsp. salt.
- 3. In a medium bowl beat butter with a mixer on medium to high 30 seconds. Add sugar and vanilla. Beat until well-combined. Add egg whites all at once. Beat on medium-high 2 minutes. Alternately add flour mixture and buttermilk to butter mixture, beating on low just until combined
- 4. Remove 1/2 cup of the batter to a small bawl; stir in

red gel food coloring. Place tinted batter in a resealable plastic bag; cut off corner.

5. Spoon plain batter into the prepared muffin cups, filling each about twa-thirds full. Drizzle red batter over each. Use a toathpick to marble batters.

6. Bake 12 minutes or until tops spring back when lightly touched. Remove and let cool in pan(s) 5 minutes. Remove; let cool completely. 7. Use a clean small

paintbrush to brush stripes of blue gel food coloring inside a postry bag fitted with a large star tip. Spoon Creamy White Frosting into bag. Pipe frosting onto cupcakes. If desired, top with sprinkles. Makes 48.

creamy white frosting in a large mixing bowl beat 1 cup shortening, 1½ tsp. vanilla, ½ tsp. almond extract, and ½ tsp. salt with a mixer on medium 30 seconds. Slowly add 2 cups powdered sugar, beating well. Add 2 Tbsp. milk. Graduolly beat in an additional 2 cups powdered sugar and 1 to 2 Tbsp. milk to reach piping consistency. Makes about 3 cups. PER CUPCAKE 126 cal, 6 g fat (2 g sat fat), 4 mg chol, 48 mg sodium, 18 g carb, 15 g sugars, 1 g pro

STARS & STRIPES ICE CUBES

HANDS-ON TIME 15 min.
TOTAL TIME 5 hr. 15 min., includes freezing

- 1¼ cups fresh raspberries and/or strawberries
- 1/2 cup chilled canned coconut milk
- 11/4 cups fresh blackberries

In a food processor or blender process raspberries until smooth. Divide into ice cube tray(s) (16 standard cubes; eight large cocktail cubes). Freeze 1 hour. Top raspberry layer with coconut milk; freeze 1 hour. In a food processor or blender process blackberries until smooth. Spoon over coconut milk layer; freeze 3 to 4 hours or until firm.



SHEET-PAN FLAG NACHOS

Simply hover your smartphone camera over the code to watch a how-to video on building your sheetpon nachos. Remove cubes from tray(s).
Place in an airtight or
resealable freezer container.
Freeze up to 2 months.
Makes 16 standard-size or
8 cocktail-size ice cubes.

PER STANDARD-SIZE CUBE 21 cal, 1 g fat (1 g sat fat), 1 mg sodium, 3 g carb, 1 g fiber, 1 g sugars

SHEET-PAN FLAG NACHOS

HANDS-ON TIME 10 min. TOTAL TIME 45 min.

- 2 10-oz. containers cherry tomatoes
- 1 cup finely chopped red bell pepper
- 3 garlic cloves, minced
- 1 15- to 16-oz. can refried beans
- 2 cups blue corn tortilla chips
- 6 cups white corn tortilla chips
- 2 cups shredded Monterey Jack, Chihuahua, or white cheddar cheese (8 oz.)
- 1 8-oz. carton sour cream
- 1 Tbsp. lime juice
- 1. Preheat oven to 400°F. Line a 15×10-inch baking pan with foil. In the pan combine cherry tomotoes, bell pepper, garlic, 2 Tbsp. olive oil, ½ tsp. salt, and ½ tsp. black pepper; toss to combine.
- Roast tomato mixture 12 minutes or until softened, stirring once. Using foil, remove tomato mixture from pan. Let tomato mixture and pan cool 15 minutes.
- 3. Spread beans in cooled pan. With long side of pan facing you, place blue chips in the upper left-hand corner. Arrange stripes of tomato mixture and white corn chips. Sprinkle cheese over chips. Bake 5 minutes or until cheese melts.
- 4. Meonwhile, stir together sour cream and lime juice. If desired, place some of the mixture in a pastry bag fitted with a small star tip. Pipe (or dollop) sour cream stars on blue chips. Serve with remaining sour cream mixture and, if desired, salsa. Serves 8.

PER SERVING 397 cal, 25 g fat (10 g sat fat), 42 mg chol, 631 mg sodium, 32 g carb, 5 g fiber, 4 g sugars, 13 g pro





cookbook

POP STARS

RAINBOW FRUIT POPS

HANDS-ON TIME 20 min.
TOTAL TIME 20 min., plus freezing 4 hr.

- 2 kiwis
- 1 cup fresh raspberries
- cup cut-up peeled fresh peaches and/or mango
- 1 cup fresh blackberries

 In a blender or food processor puree each fruit separately until smooth.

2. Divide kiwi puree among eight 3-oz. ice-pop molds. Repeat with raspberry puree, peach puree, and blackberry puree. Insert sticks; cover and freeze at least 4 hours or until firm. Makes 8. EACH POP 35 cal, 1 mg sodium, 8 g carb, 3 g fiber, 5 g sugars, 1 g pro

AFFOGATO POPS

HANDS-ON TIME 40 min. TOTAL TIME 2 hr. 40 min., plus freezing 6 hr.

- 1 vanilla bean, split*
- 1 cup milk
- 2 cups heavy cream
- 12 egg yalks
- 1/3 cup granulated sugar
- 1 cup espresso or strong coffee
- 1/3 cup packed brown sugar

1. Use back of knife to scrape seeds from the vanilla bean halves.* In a medium saucepan bring milk, I cup of the cream, and the vanilla bean seeds to a simmer. In a small bowl whisk together six of the egg yolks and the granulated sugar. Add half of the hot milk mixture to the egg mixture, whisking constantly. Pour all of the mixture into the saucepan. Cook and stir until mixture just coats the back of a metal spoon. Transfer to a medium bowl. Cover surface with plastic wrap; chill 2 hours.

2. In a medium soucepan bring espresso and remaining 1 cup cream to a simmer. In a small bowl whisk together remaining six egg yolks and the brown sugar. Add half of the hot espresso mixture to the egg yolk

mixture, whisking constantly. Pour all of the mixture into the saucepan. Cook and stir 1 to 2 minutes or until mixture just coats the back of a metal spoon. Transfer to a medium bowl. Cover surface with plastic wrap; chill 2 hours. 3. Alternately spoon chilled vanilla and espresso mixtures into twelve 3-oz. ice-pop molds. Mixtures will swirl together. Insert sticks; cover and freeze at least 6 hours or overnight. Makes 12. *TIP After you've scraped the seeds from the vanilla bean halves, bury the halves in sugar or drop them into a bottle of pure mople syrup. PER POP 247 cal, 19 g fat (11 g sat fat), 231 mg chol, 30 mg sodium, 14 g carb, 14 g sugars, 5 g pro

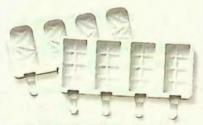
STARS & SHAPES

Our Test Kitchen culinary experts sing the praises of silicone. The food-safe material makes unmolding pops and cubes easy.



WAY TO CELEBRATE STAR CANDY MOLD

We used these silicone candy molds for our "stars on ice" cover and the cubes in "Have a Sparkling Fourth." Fill them to varying levels to create different size stars. \$4; walmart.com



HATATIT DIAMOND AND SQUARE MOLDS

Soft, nonstick, leakproof molds lie flat in the freezer and are ovensafe tao. Cakecicle, anyone? \$12 for two; amazon.com

CHILE-MANGO POPS

HANDS-ON TIME 15 min.
TOTAL TIME 15 min., plus freezing
Overnight

1/2 cup sugar

3 cups seeded, peeled, and chopped mangoes (2 mangoes)

3/s cup lime juice

11/2 tsp. ground ancho pepper

1. In a blender combine sugar and 1/2 cup water. Let stand 5 minutes to soften sugar. Add mangoes, lime juice, and ground pepper. Cover and blend until smooth.

 Spoon mixture into ten 3-oz. ice-pop molds. Insert sticks; cover and freeze overnight. Makes 10.

PER POP 74 cal, 12 mg sodium, 19 g carb, 1 g fiber, 17 g sugars, 1 g pro

CHOCOLATE-TOFFEE SQUARES

HANDS-ON TIME 30 min.
TOTAL TIME 2 hr. 50 min., plus freezing
overnight

11/2 qt. vanilla ice cream, softened

9 wooden craft sticks

20 oz. semisweet chocolate, chopped

4 tsp. vegetable oil or shortening

1/2 cup almond toffee bits

1. Line an 8-inch square baking pon with foil or parchment paper, extending foil or paper over edges. In a chilled large bowl stir ice cream until smooth. Spread in prepared pan. Cover with plastic wrap; freeze overnight.

2. Line a baking sheet with foil; freeze at least 20 minutes. Using foil, lift ice cream from pan and cut into nine squares; insert a stick into each.

Transfer to baking sheet; freeze 1 hour.

Meanwhile, melt chocolate and oil in a double boiler, stirring occasionally. (Or combine chocolate and oil in a bowl and microwave on high 1 minute; stir. Microwave on high 45 seconds, stirring halfway.) Let cool 5 to 10 minutes or until about 100°F.

4. Dip each bar into chocolote. Sprinkle with toffee. Return to baking sheet; freeze 1 hour. If desired, wrop each bar; freeze up to 1 month. Makes 9.

PER BAR 585 cal, 36 g fat (20 g sat fat), 51 mg chol, 130 mg sodium, 59 g carb, 4 g fiber, 50 g sugars, 5 g pro

STRAWBERRY SHORTBREAD SQUARES

Prepare as directed, except use strawberry ice creom, white baking chips, and 1/3 cup crushed shortbread cookies and 2 Tbsp. multicolor sprinkles.

BERRY-YOGURT ROCKET POPS

HANDS-ON TIME 20 min.

TOTAL TIME 2 hr. 20 min., plus freezing overnight

- cup fresh raspberries or blueberries
- 2 Tbsp. sugar
- 1 Tbsp. lemon juice
- 2 to 21/2 cups vanilla Greek yogurt

1. In a small saucepan combine fruit, sugar, and lemon juice. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 12 minutes or until thickened, stirring occasionally and using a potato masher to mash mixture as it cooks. (Or puree in a small blender or food processor after cooking.) Transfer to a bowl. Cover; chill 2 hours.

2. Alternate layers of yogurt and fruit mixture in eight to ten 3-oz. ice-pop molds. Insert sticks; cover and freeze overnight. Makes 8.

PER POP 96 cal, 4 g fat (3 g sat fat), 14 mg chol, 34 mg sodium, 13 g carb, 1 g fiber, 11 g sugars, 2 g pro ■

RULES FOR SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules at BHG.com/ Sweepstakes/Daily. There will be one Doily Giveaway Sweepstakes per day. Entries must be received by 11:59 p.m. E.T. each day. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. One entry per email address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation. 9:05 pm Stressed

10:30 pm Tired

11:16 pm Exhausted

12:14 am Content 6:37 am Restless

7:45 am Motivated



Each new day comes with a new set of ups and downs. That's why MyLife™ offers a personalized mindfulness boost, any time of day.

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better

your guide to a happy, healthy life

With regular exercise, you're

percent less likely to have very frequent migraines.

Researchers tracked roughly 4,600 people who get this type of headache and found that those who logged at least 150 minutes of physical activity weekly had fewer migraines. **Participants** also reported better sleep and less depression and anxiety. All it takes is low-impact exercise, such as cycling or brisk walking

July 12 is National Simplicity Day, honoring the life and insights of author Henry David Thoreau.

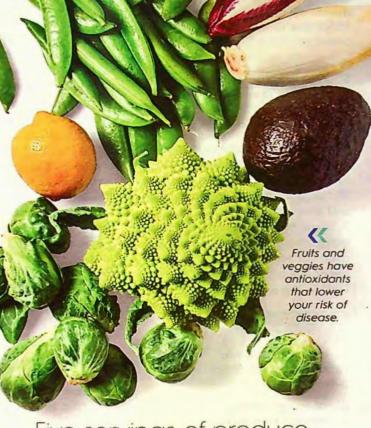
Incorporate elements
of his philosophy
(living simply in natural
surroundings) by limiting
the use of technology—
even by an hour—and
spending 10–15 minutes
in nature.

LET'S ALL SCREAM FOR ICE CREAM ON JULY

18

A scoop of this creamy treat supplies calcium and protein. When you're looking to curb calories and fat, watch for this lingo: Low-fat has 3 g or less per ½-cup serving; nonfat has less than 0.5 g.

Reduced-fat has 25 percent less fat than that brand's full-fat version; light has at least half the fat or colories of that brand's original.



Five servings of produce daily can help you live longer.

THE IDEAL BREAKDOWN:

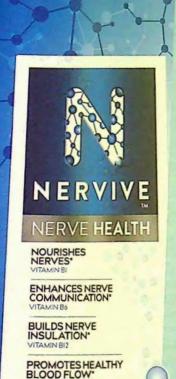
3 servings of vegetables and 2 servings of fruit.

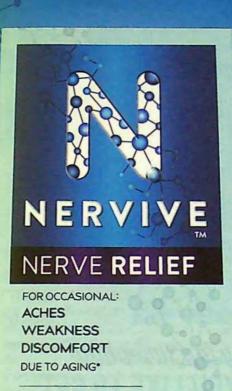
A new study in Circulation reports that people who ate this amount of produce daily lowered their risk of early death (including from cancer and heart disease) by 13 percent. One serving = 1 cup raw or ½ cup cooked veggies, ½ cup fresh or frozen fruit, 1 apple or orange. Keep fresh fruit out and slice veggies so they're grab-and-go.

Americans, on average, spend \$175 on gasoline each month.

To keep costs down (especially during summer road trip time), consider joining gas station loyalty programs and/or signing up for a cash-back credit card. Another option is to use an app such as GasBuddy or Gas Guru, which scout the cheapest gas prices, or GetUpside, which gives you cash back every time you fill up at participating stations.

INTRODUCING NERVIVE







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COMPANY

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better/health



There's a special aah factor in swimming. No matter what appeals to you—the meditative aspect of laps, the adventure of open water, or the energy of aquatic fitness we've suited you up to get the most out of the exercise.

→ try lap swimming IF YOU LIKE TO GET





Attach these to your goggle straps and the sound waves go through your bones instead of your ears. With 4GB of memory, they'll hold up to 1,000 songs. Finis Duo; \$140; swimoutlet.com Swimming laps gives you put into it," says Marni Sumbal, M.S., you a full-body aerobic workout R.D., a triathlon coach and author of that can burn as Athlete to Triathlete. many calories as running or cycling while being much

MAKE A SPLASH Refine your stroke. To get the most out of your lap time, focus on sharpening technique. "If your form is off, your muscles won't benefit from going faster;

you'll just get out of breath," Sumbal says. Consider taking a stroke clinic at your community paol.

Break it up. Staring at the black line on the bottom of the pool can be relaxing-or boring after a while, says Julie Stupp, a U.S. Olympic Swimming Trials finalist and triathlete. Ward off boredom with variety. "A workout that gives you time and speed challenges helps improve

your fitness and encourages you to work harder," Stupp says. You can find numerous options online, such as 100swimming workouts.com.

Hydrate. It might not seem like it, but as with any other activity "you sweat in the water, and the wormer the pool, the more you will sweat," Sumbal says. Drinking H20 before you jump in and keeping a water bottle on the pool deck con help you stay hydrated.



easier on the joints.

gentle way to move

your body but can

want, depending

be as intense as you

on how much effort

"Swimming is a

((THE RIGHT STROKES Strap paddles to your hands (for freestyle, back, or breaststroke) to increase resistance as you swim laps to build upper body strength. They also help develop proper stroke mechanics. Sporti Power Swim Paddles, \$9; swimoutlet.com



APPPROVED USES

Othezla® (apremilast) is a prescription medicine approved for the reseatment of adult patients with moderate to severe plaque scoriasis for whom phototherapy or systemic therapy is appropriate.

Ottezla is a prescription medicine approved for the treatment of addult patients with active psoriatic arthritis.

IMMPORTANT SAFETY INFORMATION

foou must not take Otezla if you are allergic to apremilast or to anny of the ingredients in Otezla.

Othezla can cause severe diarrhea, nausea, and vomiting, Especially within the first few weeks of treatment. Use in elderly patatients and the use of certain medications with Otezla appears to accrease the risk of having diarrhea, nausea, or vomiting. Tell your cooctor if any of these conditions occur.

Ottezla is associated with an increase in depression. In clinical stuudies, some patients reported depression, or suicidal behavior thile taking Otezla. Some patients stopped taking Otezla due to despression. Before starting Otezla, tell your doctor if you have had eeelings of depression, or suicidal thoughts or behavior. Be sure to

tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective, and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

Side effects of Otezla include diarrhea, nausea, vomiting, upper respiratory tract infection, runny nose, sneezing, or congestion, abdominal pain, tension headache, and headache. These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed. Otezla has not been studied in pregnant women or in women who are breastfeeding.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please see Brief Summary of Prescribing Information on the next page.

*Certain restrictions apply; eligibility not based on income.



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Pay \$0 for Otezla



The \$0 co-pay program

Most people with private insurance pay nothing out of pocket for their prescription.

After you're prescribed, you have the same opportunity to save.

How to get the \$0 co-pay offer:

- 1. Go to otezla.com/copay
- 2. Call 1-844-40TEZLA (1-844-468-3952)
- 3. Ask your doctor about the \$0 co-pay card

We've got you covered

If you have private insurance and are experiencing delays or your private insurance doesn't cover Otezla, you may be eligible for free medication through the Otezla Bridge Program.

If you have government-issued insurance (Medicare or Medicaid) or are uninsured/underinsured, you may be eligible for the **Patient**Assistance **Program**

Assistance Program.

If you have lost prescription coverage during this pandemic, please contact **Otezla SupportPlus**™. They will work with you to find the right resources to help you with your treatment.

For all Otezla savings questions: call 1-844-40TEZLA (1-844-468-3952)



*Certain restrictions apply, eligibility not based on income, must be 18 years or older. This offer is not valid for persons eligible for reimbursement of this product, in whole or in part under Medicard. Medicare, or similar state or federal programs. Offer not valid for cash-paying patients. People who are not eligible carical 1844-40TEZLA to discuss other financial assistance opportunities.

To receive a free bridge supply of Crezia, you must have an or-label diagnoss and be denied or experiencing a delay in octaning coverage. Federal, State, or similar incurance plans are not eligible for Bridge. Once Otezia is approved by your commercial incurance plan iyou will no longer be eligible for the Bridge Program.

Brief Summary of Prescribing Information OTEZLA® (oh-TEZ-lah) (apremilast) Tablets

Rx Only

This information does not take the place of talking to your doctor about your medical condition or treatment. If you have any questions about OTEZLA® (apremilast), ask your doctor. Only your doctor can determine if OTEZLA is right for you.

What is the most important information I should know about OTEZLA? OTEZLA may cause serious side effects:

Diarrhea, Nausea, and Vomiting have been reported in some patients taking OTEZLA and in some cases, patients required hospitalization. Most events happened within the first few weeks of starting OTEZLA and occurred more in patients taking medications to reduce blood pressure or in those patients 65 years of age or older. Tell your doctor if any of these occur.

Depression was reported by some patients taking OTEZLA. Before taking OTEZLA, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. You, your caregivers, and family members should be alert for the development or worsening of depression, suicidal thoughts, or other mood changes. If such changes occur, contact your doctor. Your doctor will determine whether you should continue taking OTEZLA.

Weight loss occurred in some patients taking OTEZLA. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will consider whether you should continue taking OTEZLA.

Some medicines should not be taken with OTEZLA as they may make OTEZLA less effective. Tell your doctor about all the medications you take, including prescription and nonprescription medications.

What is OTEZLA?

OTEZLA is a prescription medicine used for the treatment of adult patients with active psoriatic arthritis.

OTEZLA is a prescription medicine used for the treatment of adult patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

It is not known if OTEZLA is safe and effective in children less than 18 years of age.

Who should not take OTEZLA?

You must not take OTEZLA if you are allergic to apremilast or to any of the ingredients in OTEZLA.

What should I tell my doctor before taking OTEZLA?

Tell your doctor if you:

- · have had feelings of depression, suicidal thoughts, or suicidal behavior
- · have any kidney problems
- are pregnant or plan to become pregnant. It is not known if OTEZLA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if OTEZLA passes into your breast milk.

What are the side effects of OTEZLA?

- OTEZLA may cause serious side effects. See "What is the most important information I should know about OTEZLA?"
- · Common side effects of OTEZLA are:
 - diarrhea
 - nausea
 - headache
 - vomiting
 - upper respiratory tract infection
 - tension headache

These are not all the possible side effects with OTEZLA. Tell your doctor about any side effect that bothers you or does not go away. You may report side effects to the FDA at 1-800-FDA-1088.

General Information about OTEZLA

Medicines are sometimes prescribed for purposes other than those listed in their package inserts. This is a Brief Summary of important information about OTEZLA. Ask your doctor or pharmacist for more complete product information, or visit otezla.com, or call 1-844-4OTEZLA (1-844-468-3952).

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SWIMMING RANKS

IN POPULARITY OF SPORT

ACTIVITIES IN THE U.S.

CHOOSE YOUR

Eye protection helps you swim more comfortably, especially in chlorinated pools.



Designed to fit women's facial contours, these are streamlined with a wide peripheral range of vision. Vesi Women's Goggles, \$15; tyr.com



Great for the open water, a wide lens gives more eye protection, and mirrored lenses deflect glare. Aquasphere Kayenne Mirrored Lens Goggles, \$35; aquasphereswim.com



A snug fit and antifog lenses that give a panoramic view make these good for lap swimming. Bonus: They provide UV protection. Vanquisher 2.0, \$22; speedousa.com



THANKS TO YOUR NATURAL BUOYANCY, MUSCLES CAN RELAX.



>try open water

WANTSOME

There's a beouty to swimming in on ocean, lake, river, or other body of water with no walls or lane lines. "We've definitely seen an expansion ground the world in open-water swimming," says Dan Simonelli, founder and director of the Open Water Swim Academy in San Diego.

MAKE A SPLASH

Be safe. Ideally, you should swim in an area with on-duty lifeguards. If that isn't an option, swim with a buddy or a group

and keep an eye on each other. Look up every few strokes to note any traffic (boats, other people) and hozards. "Have a target or landmark you look toward so you always know where you are," Stupp says. And swim parallel to the shoreline so you're never too far from land if you need a break or assistance.

Breathe bilaterally. If you swim freestyle, practice breathing on both sides. "This way, if conditions are chappy, with wind or waves coming from

one side, you can breathe away from the chop," Simonelli says. Breathing bilaterally also allows you to regularly monitor both directions for boats or other watercraft and swimmers.

Stay calm. Some people can feel a little panicked when there's no wall to grab. Focus on your breathing. "The process of relaxing your breathing will help calm you so you can get into a flow," Simonelli says. "Continually go back to

your breath."



This buoy

makes you more visible to boaters for extra safety. Grab it if you a need to float for a bit. \$30; newwave swimbuoy.com



«A swim cap is a must to protect your hair from salt and chlorine. \$10; swimoutlet.com

better/health



FIT KIT
This all-in-one
set will take
your water
workout up a
notch:
dumbbells, a
flotation belt for
deep water,
and resistance
gloves. \$55;
tyr.com



FEET FIRST

A water shoe provides traction in the pool and protects your feet from getting scraped. Hydro Sport Water Shoe; \$65; ryka.com



Aquatic workouts are a great way to improve your fitness and strength with little to no impact. "Fifty to 75 percent of gravity is eliminated when you're exercising in the shallow end with the water level at your waist or chest," says Yolande Berg, an aquatics rehab specialist. "When you exercise in deep water, 90 percent of gravity is eliminated."

You're also getting

resistance training

the water.

as you work against

MAKE A SPLASH

"Use tools.

Moving to music is fun, but certain gear increases the challenge. A few ideas: Gloves with webbing between the fingers up resistance, as do dumbbells; a flotation belt helps you stay upright in deeper water.

• Mix It up. Staying in the shallow end for some exercises and the deep end for others creates a well-rounded workout, Berg says. "The shallower the water, the more body weight and the easier the movement; the deeper the water, the less the body weighs but the harder it will be to move due to the drag of the water."

an in-person class at your local Y or community center. Or download one at U.S. Masters Swimming (usms.org/workout-library). The Swim Coach app (swim.com) syncs with a smart watch.

WHAT YOU'LL BURN

The calories you'll shed per hour:*

AQUATIC FITNESS CLASS 374 calories

MODERATE
LAP SWIMMING
395 calories

OPEN-WATER SWIMMING 408 colories

VIGOROUS LAP SWIMMING 400 colories

JOGGING 666 calories

'Numbers based on a 150pound person

water gets trapped in the ear canal. Keep water out by wearing earplugs and/or a cap. Shake the water out of your ear right when you get out; hopping on one foot with your head to the side helps. Avoid using cotton swabs; they can damage the ear lining and cause an infection.



HIGH PROTEIN. LESS SUGAR.*



1₉

PROTEIN

SUGAR

ENSURE® MAX PROTEIN USERS REPORTED FEELING

MORE ENERGY

TRULMI





Available in 4 delicious flavors:

- Milk Chocolate
- French Vanilla
- · Café Mocha§
- Mixed Berry



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ensure.com/instantcoupon

Survey of 1038 consumers 50+ who drank 1 Ensure Max Protein shake per day for 14 days and reported feeling more energy vs control group. Ensure Max Protein has 150 calories, 30g protein, and 8 B vitamins for energy metabolism.

LUse as part of a healthy diet.

90% less sugar than Ensure Original. Ensure Original 8 fl oz = 15g sugar vs Ensure Max Protein 11 fl oz - 1g sugar.

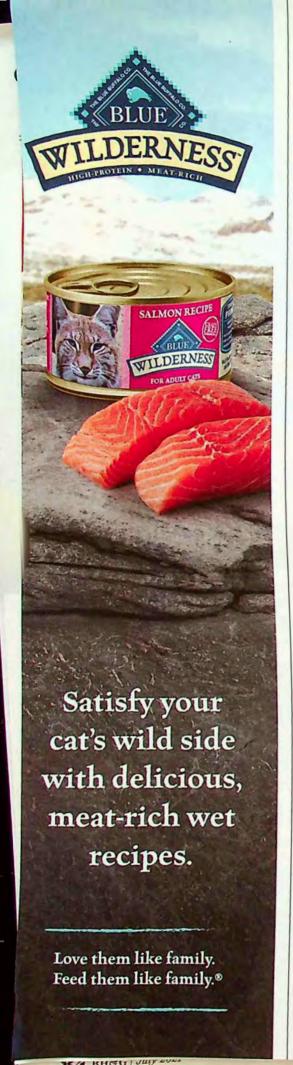
Offers may vary. Valuation based on maximum collective savings of offers throughout duration of program.

Vitamins C and E.

Contains 100 mg Caffeine

or program.

Ensure STRENGTH & ENERGY





dog days of summer

Keep an eye on these factors to make sure your canine friends stay cool and healthy.

heat

Not only does the actual temperature matter but so does the heat index, which factors in humidity to calculate what the temp really feels like. If you can't bear to walk around outside for more than a few minutes, your dog shouldn't either. When the forecast is very hot, plan outings for early in the morning or late at night. Be sure your pet is kept in a cool environment indoors as well, says Elizabeth Yi, D.V.M., a critical core vet with the Metropolitan **Animal Specialty** Hospital in Los Angeles.

A note about heatstroke: All dogs ore at risk, but some physical features increose the odds, says Zac Pilossoph, D.V.M., a Miami-

based consulting veterinorian for Healthy Paws. Short-nose breeds like pugs and bulldogs can't pant as effectively to cool down, and dogs with thick fur have trouble dissipating heat.

Never leave a dog in a car, even with windows down. The temp inside can rise 20°F to 30°F in an hour.

hydration

Just like humans, dogs need to drink more in the heat. Give them constant access to water at home and take a water bowl on outings. You can encourage them

to drink more by adding ice cubes. One clue your dog might be dehydrated is if she's not urinating as often as usual.

signs of distress

Symptoms of overheating or heatstroke include intense ponting, excessive salivating or drooling, reddened face, extreme lethorgy, unusually red tongue or gums, and wobbly, off-balance walking. Call the vet ASAP, And provide cool air through a fan or mister, or place a towel soaked in cool water on her belly.



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BY KAREN ASP



BORN TO LOVE MEAT

A protein-rich food to satisfy the spirit of the lynx - BLUE Wilderness™ is made with more of the delicious meat cats crave. Each formula contains a precise blend of protein, fat and complex carbohydrates to help your meat-loving cat thrive while satisfying the carnivore that lives within.

Love them like family. Feed them like family.®



WET AGE-RELATED MACULAR DEGENERATION (WET AMD)

KEEP LIVING LIFE THROUGH YOUR EYES

TAKE CONTROL OF YOUR SIGHT WITH EYLEA.

If Wet AMD has impacted your eyes—and how you see life—fight back with EYLEA.

- EYLEA is clinically proven to help improve vision—which may help you read letters and see details more clearly
- EYLEA helped maintain vision improvements for up to 4 years with continued treatments in a clinical study

ASK A RETINA SPECIALIST ABOUT EYLEA.

INDICATIONS

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EYLEA* (aflibercept) Injection 2 mg (0.05 mL) is a prescription medicine approved for the treatment of patients with Wet Age-related Macular Degeneration (AMD), Macular Edema following Retinal Vein Occlusion (RVO), Diabetic Macular Edema (DME), and Diabetic Retinopathy (DR).

IMPORTANT SAFETY INFORMATION

EYLEA° (aflibercept) Injection is a prescription medicine administered by injection into the eye. You should not use EYLEA if you have an infection in or around the eye, eye pain or redness, or known allergies to any of the ingredients in EYLEA, including aflibercept.

Injections into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA.

In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your doctor may monitor this after each injection.

There is a potential but rare risk of serious and sometimes fatal side effects, related to blood clots, leading to heart attack or stroke in patients receiving EYLEA.



FDA-APPROVED treatment in its class for patients with Wet AMD*

The most common side effects reported in patients receiving EYLEA were increased redness in the eye, eye pain, cataract, vitreous (gel-like substance) detachment, vitreous floaters, moving spots in the field of vision, and increased pressure in the eye.

Ycou may experience temporary visual changes after an EYLEA injection and associated eye exxams; do not drive or use machinery until your vision recovers sufficiently.

Contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

Fcor additional safety information, please talk to your doctor and see the full Prescribing Information for EYLEA.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Viisit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Pilease see the Consumer Brief Summary on the adjacent page.

1EBM Truven MarketScan data: Number of injections administered, from Q4 2018 through Q3 2019; Data on File.



(Pronounced: eye-lee-ah)

Consumer Brief Summary

This summary contains risk and safety information for patients about EYLEA. It does not include all the information about EYLEA and does not take the place of talking to your eye doctor about your medical condition or treatment.

What is EYLEA?

EYLEA is a prescription medicine that works by blocking vascular endothelial growth factor (VEGF). VEGF can cause fluid to leak into the macula (the light-sensitive tissue at the back of the eye responsible for sharp central vision). Blocking VEGF helps reduce fluid from leaking into the macula.

What is EYLEA used for?

EYLEA is indicated for the treatment of patients with:

- Neovascular (Wet) Age-Related Macular Degeneration (AMD)
- Macular Edema Following Retinal Vein Occlusion (RVO)
- Diabetic Macular Edema (DME)
- Diabetic Retinopathy (DR)

How is EYLEA given?

1

EYLEA is an injection administered by your eye doctor into the eye. Depending on your condition, EYLEA injections are given on different schedules. Consult with your eye doctor to confirm which EYLEA schedule is appropriate for you.

Who should not use EYLEA?

Do not use EYLEA if you have an infection in or around the eye, eye pain or redness, inflammation in the eye, or are allergic to aflibercept and/or any other ingredients in EYLEA.

What is the most important information I should know about EYLEA?

- EYLEA must only be administered by a qualified eye doctor. Injection into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA. If your eye becomes red, sensitive to light, painful, or develops a change in vision, seek immediate care from an eye doctor
- In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your eye doctor may monitor this after each injection
- There is a potential but rare risk of serious and sometimes fatal side effects related to blood clots, leading to heart attack or stroke in patients receiving EYLEA
- Serious side effects related to the injection procedure with EYLEA are rare but can occur including infection inside the eye and retinal
- You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently
- Because EYLEA is composed of large molecules, your body may react to it; therefore, there is a potential for an immune response (allergy-like) in patients treated with EYLEA

What are possible side effects of EYLEA?

EYLEA can cause serious side effects, including

· See important safety information listed under "What is the most important information I should know about EYLEA?"

The most common side effects include

- Increased redness in the eye
- · Eye pain
- Cataract
- Vitreous (gel-like substance) detachment
- · Vitreous floaters
- · Moving spots in the field of vision
- Increased pressure in the eye

There are other possible side effects of EYLEA. For more information, ask your eye doctor.

It is important that you contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I tell my eye doctor before receiving EYLEA?

- Tell your eye doctor if you have any medical conditions
- Tell your eye doctor if you are pregnant or are planning to become pregnant. It is not known if EYLEA may harm your unborn baby
- Tell your eye doctor if you are breastfeeding. It is not known if EYLEA may harm your baby. You and your eye doctor should decide whether you should be treated with EYLEA or breastfeed, but you should not do both

How is EYLEA supplied?

EYLEA is supplied in a clear, colorless to pale yellow solution. It is provided in a pre-filled glass syringe or glass vial containing the amount of product required for a single injection into the eye, which is 0.05 mL (or 2 mg of the medicine product).

Where can I learn more about EYLEA?

For a more comprehensive review of EYLEA safety and risk information, talk to your health care provider and see the full Prescribing Information at EYLEA.com.

REGENERON

Manufactured by:

Regeneron Pharmaceuticals, Inc. 777 Old Saw Mill River Road Tarrytown, NY 10591

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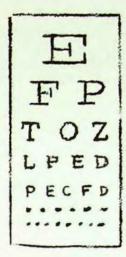
based on the August 2019 EYLEA® (aflibercept) injection full Prescribing information.

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Detter/good to know

5 sneaky signs you

The secret to keeping your vision sharp is catching problems as early as possible.







etting your vision checked

regularly is a must. The main reason: Many conditions, such as glaucoma ond age-related macular degeneration, don't have symptoms until they're advanced, says Barbara Horn, O.D., past president of the American Optometric Association. "Regular exams can detect eye conditions of a point when you can slow or prevent vision loss."

The following issues also warrant a trip to the eye doctor.

one one lots of headaches while **VOU WORK**

Your aching temples could be stress-related but may also be due to eyestrain. "Frequent headaches, especially if you spend a lot

of time in front of a computer screen, can be a sign that your vision has changed and your eyes are working harder than they need to," Horn says. Reading glasses or progressive lenses can help.

· two

squinting more than usual Bright sunlight causes everyone to blink or squint to some degree. (Everyone needs the protection of sunglasses, even in winter.) But if you find your reaction to sunshine is worsening, you may have a cornea problem.

Extreme sensitivity to light could olso be a sign of eye dryness or strain from too much screen time; it can also be due to inflammation in the eye, which may mean you have inflammation elsewhere in your body. If the eye doctor suspects that's the case, she'll refer you to another doctor to get checked out.

three

you get hit in or around the eye Whether your eye gets smacked with your kid's favorite toy or hit by a snapped workout resistance band, get checked. "Your eyes are delicate organs; even if you feel OK, subtle things could be damaged," says Ashley Brissette, M.D., clinical spokesperson for the American Academy of Ophthalmology.

" four subtle changes to your sight Things like floaters (specks drifting across your vision), flashes of light, distortion, double vision, or decreased peripheral vision mean an eye exam is in order. "Anything that doesn't seem normal is a sign you should make an appointment," Horn says. "It could be nothing, or it could be urgent. You don't know until your doctor looks into your eye."

a five

momentary loss of vision If your vision goes black for a few seconds then slowly comes back, that can be a sign of various conditions impacting vision. At worst, it can indicate a mini stroke in your eye, which might put you at risk for a larger stroke, Brissette says.

A PEEK INTOTHE EXAM

Eye health is a clue to overall health, so exams are crucial. The doctor checks depth perception, ability to see colors, peripheral vision, eye muscle movement, and pupil reaction to light. The doctor also looks at the blood vessels behind your eyes for indications of health issues. "We can see signs of diseases like diabetes and hypertension," says Ashley Brissette, M.D.

BY ALICE OGLETHORPE

stylemaker



objectof my affection

"I get my love of plants from my grandmothers, June and Rafaela. I have dresses of theirs that I remember them wearing in the garden. They're too precious for me to wear gardening-only for special occasions."



new project

Lisa's upcoming first book, House Planted: Choosing, Growing, and Styling the Perfect Plants for Your Space (\$17; penguin randomhouse.com), explains how to pick plants that will fit your home, life, and style. "Plant relationships can be trying. Once you understand what a plant requires to thrive, the results are immensely rewarding."

One of the most common mistakes new plant parents make is choosing a plant based on how a plant looks instead of what a plant needs. 99



COMBINING HER PASSION FOR INTERIOR DESIGN AND GARDENING TO FIND PLANTS TO FIT EVERY SPACE AND STYLE.

The love affair with houseplants keeps growing—even when plants don't. Lisa can help. Owner of Leaf and June, an interior plant design store, she matches people and their spaces with the right plants. The Brooklyn-based gardener shares her best-loved finds and advice.



if i were a plant...

"I'd be a green rubber tree (Ficus elastica). They're robust with a classic upright growth habit, but they also have twists and turns that happen when branching out."



i can't garden without...

"I always have my snips on hand. It's a compact scissors-meets-pruner tool I use to cut off leaves and prune back stems." Try the Pocket Snips (\$15; gardeners.com).



latest discovery

"When I need a little nature escape, I go to tree.fm. You can listen to recordings of different forests from

hat wal life cycle. It's not always because you've done something wrong.

ILLUSTRATIONS LUCY TRUMAN



